



7th Grade Physical Health Education

Willows Preparatory School 2020-2021

Subject Aims

- Use inquiry to explore physical and health education concepts.
- Participate effectively in a variety of contexts.
- Understand the value of physical activity.
- Achieve and maintain a healthy lifestyle.
- Collaborate and communicate effectively.
- Build positive relationships and demonstrate social responsibility.
- Reflect on their learning experiences.

Keys to Class

- **Dress Code:** At this time students are asked to wear comfortable clothes they can move freely in on the days they are scheduled to have PE. Once Covid restrictions are lifted students will be asked to change into PE uniforms before class.
- **OneNote:** All presentations, homework, notes, After Class Reflections, and documents will be given and received through OneNote.
- **After Class Reflections:** Questions about the days learning will be given after most class periods to allow the students to reflect on what was covered.
- **Participation:** Participation points are awarded for wearing the PE uniform, bringing a water bottle, and actively participating in the lesson activities.

I.B. Grading Criteria

Objective A: Knowing and Understanding	Can we apply physical and health education knowledge to analyze issues and solve problems set in familiar and unfamiliar settings? Can we apply physical and health terminology effectively to communicate understanding and solve problems?
Objective B: Planning for Performance	How can we use inquiry to design, analyze, evaluate and perform a plan in order to improve performance? Can we evaluate the effectiveness of a plan based on the outcome?
Objective C: Applying and Performing	How do we demonstrate practical skills, techniques, strategies and movement concepts through participation in a variety of physical activities?
Objective D: Reflecting and Improving Performance	Can we explain and demonstrate strategies that enhance interpersonal skills? Can we analyze and evaluate performance?

Content Brief

Semester 1	Semester 2
Personal Fitness -Presidential Fitness Tests -"Pod" Bag Workout Famous Athletes Hydration Nutrition	Team Sports (To be Determined) International Sports First Aid Cardiovascular System Muscles