

Course Overview: Physical Education 7

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Year**
Length: **3 Marking Periods**
Status: **Published**

Course Overview

Aligned to Standards:

2020 New Jersey Student Learning Standards for Comprehensive Health & Physical Education

Revision Date: 6/23/2025

In compliance with the NJ Student Learning Standards, climate change, career readiness, DEI (Diversity, Equity, & Inclusivity), as well as other standards have been integrated within the NBCRSD curricula (NJ Administrative Code Title 6A: chapter 8; Title 18A: chapter 35).

Course Overview

Sequence- Unit Titles, Summaries, and Number of weeks per unit (total = 18 semester/36 year)

Unit 1: Soccer

In this unit, 7th grade students will actively learn and practice fundamental soccer skills such as dribbling, passing, shooting, and basic defense. They will also be expected to understand basic rules and strategies of the game while developing teamwork and sportsmanship through drills and modified games. The goal is to improve your physical fitness, coordination, and overall understanding of soccer. (3 weeks)

Unit 2: Fitness

In this unit, 7th grade students will learn the importance of regular physical activity and how it contributes to overall health and wellness. They explore the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Through a variety of activities—such as running, strength exercises, stretching, and fitness games—students build their physical abilities and learn how to safely improve their fitness levels. The unit also teaches goal setting, proper exercise techniques, and how to warm up and cool down effectively. By the end of the unit, students understand how to stay active, set personal fitness goals, and make healthy choices that support lifelong physical well-being. (3 weeks)

Unit 3: Ultimate Games

In this unit, 7th grade students will learn and apply the fundamental skills and rules for ultimate frisbee, handball, and capture the flag. This involves developing throwing, catching, and strategic movement skills specific to each game, alongside practicing teamwork, communication, and fair play within diverse game scenarios. The aim is to enhance your physical activity, strategic thinking, and collaborative abilities through these varied ultimate games. (3 weeks)

Unit 4: Basketball

In this unit, 7th grade students focus on developing individual skills, teamwork, and an understanding of the game. Students will learn and practice fundamental basketball techniques, including dribbling, passing, shooting, rebounding, and defensive movements. The unit incorporates skill-building drills, small-group activities, and modified gameplay to help students apply their skills in real-time situations. Emphasis is placed on offensive and defensive strategies, court awareness, and rules of the game. Students will also develop communication and collaboration skills as they work together in team settings, promoting good sportsmanship and leadership. In addition to physical skill development, the unit supports cardiovascular fitness, agility, and hand-eye coordination. By the end of the unit, students are able to demonstrate proper technique, apply basic strategies during gameplay, and show respect for teammates, opponents, and officials. (3 weeks)

Unit 5: Volleyball

In this unit, 7th grade students learn the fundamental skills, rules, and strategies of the game. Key skills taught include serving, passing (bumping), setting, spiking, and teamwork. Students practice proper technique and develop coordination, communication, and movement on the court. The unit emphasizes teamwork, sportsmanship, and game play, helping students understand positions, rotations, and basic game strategies. Both individual skill-building and cooperative team activities are used to build confidence and competence. By the end of the unit, students will be able to perform basic volleyball skills, understand the rules of the game, and work effectively with teammates during gameplay. (3 weeks)

Unit 6: Badminton

In this unit, 7th grade students will learn the basic skills, rules, and strategies of badminton while promoting physical activity and coordination. Students learn fundamental techniques such as the forehand and backhand grip, serving, overhead clear, drop shot, and smash. The unit focuses on developing hand-eye coordination, footwork, and agility through drills and rally-based practice. Students also learn the rules of singles and doubles play, scoring, and court positioning. Emphasis is placed on sportsmanship, strategy, and cooperative gameplay as students work with partners and rotate through various matchups. Through practice and modified games, students gain an appreciation for the sport, improve their reaction time, and build cardiovascular endurance. By the end of the unit, students are able to apply proper techniques, demonstrate understanding of game rules, and participate in competitive and recreational badminton with confidence and respect for others. (3 weeks)

Unit 7: Lacrosse

In this unit, 7th grade students are introduced to the basic skills, rules, and strategies of one of the fastest-growing team sports. Students learn fundamental techniques such as cradling, passing, catching, scooping, shooting, and defensive positioning using modified, age-appropriate equipment. The unit emphasizes teamwork, communication, movement, and spatial awareness, while also reinforcing safety practices and proper use of gear. Students participate in drills, small-sided games, and team activities to build confidence and understanding of gameplay. By the end of the unit, students will have developed basic lacrosse skills, an understanding of game rules and positions, and an appreciation for teamwork and fair play in a fast-paced, dynamic sport. (3 weeks)

Unit 8: Outdoor Recreational Games

In this unit, 7th grade students are introduced to fun, low-impact outdoor games that

encourage physical activity, teamwork, and friendly competition. These games promote hand-eye coordination, strategic thinking, cooperation, and sportsmanship in a relaxed, inclusive setting. This unit helps students build physical and social skills while discovering ways to stay active outside of traditional sports. By the end, students understand that physical activity can be enjoyable and accessible for everyone. (3 weeks)

[Reporting Student Progress](#) (link to NB's Assessment System)

All courses follow a balanced assessment system with Practice and Assessments. Each category includes formative, summative and alternative assessments.

[Accommodations and Modifications](#) (link to menu)

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, and students with 504 plans.