

Year Plan for Grade 7 Physical Education

Ste Rose School 2024-2025

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Dates:	September	October	November	December	January
Dimension	Volleyball Unit	Soccer Unit	Basketball Unit	Low Organized Games Unit	Badminton Unit
Unit/Activity Choices	Games -Cooperative -Net/Wall -Target -Organized Competition -Skill Sets	Games -Cooperative -Target -Organized Competition -Skill Sets	Games -Movement -Hoop/Target -Organized Competition -Skill Sets	Games -Locomotor -Team Challenges -Organized -	Games - Team/Competition -Net/Wall -Target -Organized Competition -Skill Sets
General Outcomes	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C-Cooperation D-Do It Daily...For Life.
Assessment/Evaluation	-Daily Participation - Observations -Checklists -Individual Feedback	-Daily Participation - Observations -Checklists -Individual Feedback	-Daily Participation - Observations -Checklists -Individual Feedback	-Daily Participation - Observations -Checklists -Individual Feedback	-Daily Participation -Observations -Checklists -Individual Feedback
Resources/Facilities	Gym/ Outdoor Systems	Gym/ Fields	Gym	Gym	Gym

Dates:	February	March	April	May	June
Dimension	Outdoor Ed/Activity Unit	Low Organized Games Unit	Diversity Games Unit	Individual Games	Track and Field
Unit/Activity Choices	Types- -Cross Country Skiing - Snowshoeing -Quinsy Building	Games -Cooperative -Target -Organized Competition -Skill Sets	Games -Coop games dealing with games played around the world	Games -T-ball -Softball -Variations of outdoor volleyball, badminton, basketball	Games -Cooperation -Skill Sets -Running, jumping, team activities
General Outcomes	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C- Cooperation D-Do It Daily...For Life.	A-Activity B-Benefits Health C-Cooperation D-Do It Daily...For Life.
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Resources/Facilities	Gym	Gym	Gym	Gym/Fields	Gym/Fields