



## Seventh Grade Course Syllabus

### Instructors

Ms. Stacie Nixon

### Course Description

The seventh grade physical education course of instruction emphasizes the application of increasingly complex movement and motor skills in individual/dual modified games, folk/multicultural dancing, track and field, adventure/outdoor activities, and combatives. Students demonstrate and apply knowledge in a variety of complex manipulative, movement, and rhythmic skills as well as self-responsibility and social interaction. Students refine, combine, and apply a variety of movement and motor skills in multiple activity settings. Students accept greater responsibility for their own learning and improvement throughout the curriculum. Students assess and maintain personal physical fitness, and understand the importance of an active and healthy lifestyle while learning and applying appropriate social skills in a partner and/or small group setting.

### Course Objectives

Through the medium of exercise and movement, all students will participate in a sequential, differentiated program that fosters each student's personal health, fitness, and safety. The detailed course objectives, based on the *Physical Education Model Content Standards* and *Physical Education Framework for California Public Schools*, can be found at [www.cde.ca.gov/ci/pe/cf/](http://www.cde.ca.gov/ci/pe/cf/)

Seventh grade students will:

- Demonstrate age-appropriate manipulative skills to include dribbling, trapping, volleying, striking, catching, and throwing.
- Develop, refine, and perform multicultural dances and combative skills.
- Explain, analyze, compare and contrast, and use their knowledge of movement concepts, principles, and strategies in activities in order to improve learning and performance.
- Assess and evaluate their level of physical fitness in order to develop and adjust individual goals/plans for improvement of personal health and performance.
- Develop an individual/dual game and a one-week personal physical fitness plan.
- Demonstrate self-responsibility and positive social interaction while working with a partner and in small groups.

### Physical Fitness Testing (FITNESSGRAM will be conducted as of right now)

Establishing lifelong habits of regular physical activity is the primary goal of the FITNESSGRAM. Seventh grade students will prepare for the state-mandated FITNESSGRAM conducted in the spring. They will be pre-tested in the fall to establish baseline fitness levels and set personal goals. Results from the FITNESSGRAM will be sent home prior to the end of the school year. The FITNESSGRAM tests 6 main fitness areas that represent 5 components of fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.



The 6 FITNESSGRAM required test areas are:

- Aerobic Capacity (PACER, One-Mile Run)
- Abdominal Strength & Endurance (Curl-Ups)
- Trunk Extensor Strength & Flexibility (Trunk Lift)
- Upper Body Strength (Push-Ups, Modified Pull-Ups, Flexed-Arm Hang)
- Flexibility (Back-Saver Sit & Reach, Shoulder Stretch)
- Body Composition (Body Mass Index [height and weight], Percent Body Fat, Bioelectric Impedance Analysis)

### Grading Policy

The academic grade (learning-focused) is based on the degree to which each student meets or exceeds the 5 overarching *California Model Content Standards* and related course objectives. The academic grade will **not** be based on physical fitness testing results.

The citizenship grade (non-academic, behavior/effort-focused) is determined by following class rules, arriving on time, wearing acceptable athletic clothing, exhibiting a willingness to learn, participating in class activities, and demonstrating courteous/respectful behavior.

### Assessment

Assessment strategies used to evaluate each student's level of mastery of the *California Model Content Standards* include, but are not limited to the following: cognitive tests, entrance/exit slips, essays, graphs, journals, logs, performance tasks, portfolios, projects, reports, rubrics, skills tests, structured observations, and video production and/or analysis.

### Course Materials

Student's will need to have active attire and shoes to participate in assignments safely.



\*may be subject to change

### Medical Excuses

Parents/Guardians, please contact me with any concerns regarding your child's health and physical limitations. A doctor's note must be presented for illness or injury lasting more than three days. Students are required to make up all missed work.

### Teacher Contact Info/Parent Resources

Stacie Nixon

[snixon@sandi.net](mailto:snixon@sandi.net)

(858) 273-2030 ext. 4602

Office Hours: 12:40-1:30 via Google Meet



School website: [www.sandiegounified.org/schools/marston](http://www.sandiegounified.org/schools/marston)

SDUSD Physical Education website: [www.sandiegounified.org/physical-education](http://www.sandiegounified.org/physical-education)

*Physical Education Model Content Standards* and *Physical Education Framework for California Public Schools*, can be found at [www.cde.ca.gov/ci/pe/cf/](http://www.cde.ca.gov/ci/pe/cf/)