

Grade: 7		Teacher: Zied ghadhab/ Raluca		Subject: Physical and Health Education		
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials		
09-10-17 - 10-7-17	Personal Fitness	1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills  2. movement concepts and strategies  3. ways to monitor and adjust physical exertion levels  4. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games  5. training principles to enhance personal fitness levels, including the FITT principle and the SAID principle	1. Daily Physical Activity enables us to practice skillful movement and helps us develop personal fitness.  2. Physical literacy and fitness contribute to our success in and enjoyment of physical activity.  3. Healthy choices influence our physical, emotional, and mental well-being	1. Fitness Equipment		
	1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance 5. Crossfit 6. Body pump					
10-03-17 - 11-01-17	Team Sport: Basketball					
1. Dribbling 2. Passing 3. Shooting a. Lay-ups b. Free Throws 4. Footwork 5. Offence 6. Defence 7. Rebounding 8. Fast Breaks 9. Rules of the game and hand signals						
11-01-17- 12- 01-17	Individual Sport:Gymnastics 1. Leap 2. Forward roll 3. Backwards roll 4. Routine gymnastics					
	individual Sport: Track and Field					

12-01-17 01-31-18	<ol style="list-style-type: none"> <li>1. Shot put</li> <li>2. High Jump</li> <li>3. Standing Long jump</li> <li>4. Triple jump</li> <li>5. Running long jump</li> <li>6. 100m</li> <li>7. 1km</li> <li>8. Rules of each activity</li> </ol>			
02-01-18- 02-28-18	<b>Team Sport: Football</b> <ol style="list-style-type: none"> <li>1. Dribbling</li> <li>2. Passing</li> <li>3. Trapping</li> <li>4. Striking</li> <li>5. Throw-ins</li> <li>6. Positioning</li> <li>7. Goal Keeping</li> <li>8. Defence</li> <li>9. Offence</li> <li>10. Rules of game</li> </ol>			
03-01-18 - 03-31-18	<b>Team Sport: Volleyball</b> <ol style="list-style-type: none"> <li>1. Serving</li> <li>2. Footwork</li> <li>3. Passing</li> <li>4. Setting</li> <li>5. Diggs</li> <li>6. Hitting</li> <li>7. Offence</li> <li>8. Defence</li> <li>9. Rules of game</li> </ol>			
04-01-18 - 05-15-18	<b>Team Sport: Handball</b> <ol style="list-style-type: none"> <li>1. Dribbling</li> <li>2. Passing</li> </ol>	<ol style="list-style-type: none"> <li>1. proper technique for fundamental movement skills,</li> </ol>	<ol style="list-style-type: none"> <li>1. Daily Physical Activity enables us to practice skillful movement and</li> </ol>	

	3. Receiving 4. Shooting 5. Rules of the game	including non-locomotor, locomotor, and manipulative skills	helps us develop personal fitness.	
		2. movement concepts and strategies	2. Physical literacy and fitness contribute to our success in and enjoyment of physical activity.	
05-13-18 0 05-31-18	<b>Individual Sport: Fitness</b> 1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance	3. ways to monitor and adjust physical exertion levels  4. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games  5. training principles to enhance personal fitness levels, including the FITT principle and the SAID principle	3. Healthy choices influence our physical, emotional, and mental well-being	
Oct- Dec	<b>Health Unit 1:</b> <b>Goal Setting and FITT principles</b>	1. training principles to enhance personal fitness levels, including the FITT principle and the SAID principle	1. We experience many changes in our lives that influence how we see ourselves and others.	
Jan- Mar	<b>Health Unit 2: Healthy Eating</b>	2. influences on food choices 3. practices that reduce the risk of contracting sexually transmitted infections and life-	2. Healthy choices influence our physical, emotional, and mental	
	<b>Health Unit 3:</b>			

Mar-May	<b>Healthy Relationships and Healthy Choices</b>	threatening communicable diseases	well-being.	
		<ul style="list-style-type: none"> <li>4. sources of health information</li> <li>5. basic principles for responding to emergencies</li> </ul>	<ul style="list-style-type: none"> <li>3. Learning about similarities and differences in individuals and groups influences community health.</li> </ul>	
May- June	<b>Health Unit 4: Community Health</b>	<ul style="list-style-type: none"> <li>6. strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</li> <li>7. consequences of bullying, stereotyping, and discrimination</li> <li>8. strategies for managing personal and social risks related to psychoactive substances and potentially addictive behaviours</li> <li>9. physical, emotional, and social changes that occur during puberty and adolescence</li> <li>10. influences on individual identity, including sexual identity, gender, values, and beliefs</li> </ul>		