



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Class Orientation

Students will be provided with information on basic classroom procedures, uniforms, locker grading system, locker assignments, and safety precautions such as hydration, ozone awareness, heat safety, first aid and asthma.

Unit 1: Foundations of Personal Fitness

Focuses on conditioning the body for physical performance, flexibility, fitness, and longevity to meet the physical demands of everyday life. The lesson also focuses on the safety and proper nutrition required to enhance an excellent quality of life. In addition, students will participate in activities that focus on fun, personal fitness, principles for physical performance and wellness, and unique challenges and participation in a non-competitive atmosphere.

2021	August					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
	Enrichment Opportunities					
08	09	10	11	12	13	14
	Enrichment Opportunities					
15	16	17	18	19	20	21
	Teacher Service Days (no students)		Teacher Prep Day (no students)	Teacher Service Days (no students)		
22 C1W1	23 Unit 1 22- 45-min. class periods)	24	25	26	27	28
29 C1W2	30 Unit 1 22- 45-min. class periods)	31	01	02	03	04
05	06	Notes: Aug. 16-20 - Teacher Service Days (no students)				



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ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction
Unit # – Title
Description

		2021 September						
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C1W2		30		31	01 Unit 1 22- 45-min. class periods)	02	03	04
05 C1W3		06 Labor Day		07 Unit 1 22- 45-min. class periods)	08	09	10	11
12 C1W4		13 Unit 1 22- 45-min. class periods)	14	15		16 Fall Holiday	17 Teacher Service Day (no students)	18
19 C1W5		20 Unit 1 22- 45-min. class periods)	21	22		23	24	25
26 C1W6		27 • Extend • Review • Assess • Reteach		28	29	30	01	02
03	04	Notes: Sept. 6 - Labor Day Sept. 16 - Fall Holiday Sept. 17 - Teacher Service Day (no students)						



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 2: Team Sports and Fitness Testing
 Focuses on activities with participants working together whose common goal is to defeat an opposing team while supporting and encouraging each other and using fitness principles for carryover into a lifetime fitness plan. In addition, students will participate in the pre-test of the physical fitness test.

2021		October				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 C1W6	27	28	29	30	01 • Extend • Review • Assess • Reteach	02 END OF CYCLE 1
03 C2W1	04 Teacher Service Day (no students)	05 Unit 2 (23 45-min. class periods)	06	07	08	09
10 C2W2	11 Unit 2 (23 45-min. class periods)	12	13	14	15 • Extend • Review • Assess • Reteach	16
17 C2W3	18 Unit 2 (23 45-min. class periods)	19	20	21	22	23
24 C2W4	25 Unit 2 (23 45-min. class periods)	26	27	28	29 • Extend • Review • Assess • Reteach	30
31	01	Notes: Oct. 4 - Teacher Service Day (no students)				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 2 – Team Sports and Fitness Testing

Focuses on activities with participants working together whose common goal is to defeat an opposing team while supporting and encouraging each other and using fitness principles for carryover into a lifetime fitness plan. In addition, students will participate in the pre-test of the physical fitness test.

Unit 3: Conditioning, Lead-up Sports and Recreational Games

Focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.

2021		November				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 C2W5	01 Unit 2 (23 45-min. class periods)	02	03	04	05	06
07 C2W6	08 Unit 2 (23 45-min. class periods)	09	10	11	12 • Extend • Review • Assess • Reteach	13 END OF CYCLE 2
14 C3W1	15 Unit 3 (24 45-min. class periods)					20
21	22	23	24	25	26	27
Thanksgiving						
28 C3W2	29 Unit 3 (24 45-min. class periods)	30	01	02	03	04
05	06	Notes: Nov. 22-26 - Thanksgiving Break				



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ALIGN, ADVANCE, ENGAGE.

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Units of Instruction

Unit 3: Conditioning, Lead-up Sports and Recreational Games
 Focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.

2021		December				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 C3W2	29	30	01 Unit 3 (24 45-min. class periods)	02	03	04
05 C3W3	06 Unit 3 (24 45-min. class periods)	07	08	09	10 • Extend • Review • Assess • Reteach	11
12 C3W4	13 Unit 3 (24 45-min. class periods)	14	15	16	17	18
19	20 Enrichment Opportunities	21	22	23	24	25
26	27	28	29	30	31	01
02	03	Notes: Dec. 20-31 - Winter Break				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 3: Conditioning, Lead-up Sports and Recreational Games

Focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.

Unit 4: Rhythm and Dance

Focuses on movement that teaches rhythmical patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction.

2022		January					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
26	27	28	29	30	31	01	
02 C3W5	03 Unit 3 (24 45-min. class periods)		04	05	06	07	08
09 C3W6	10 Unit 3 (24 45-min. class periods)		11	12	13	14 • Extend • Review • Assess • Reteach	15 END OF CYCLE 3
16 C4W1	17 Martin Luther King, Jr. Day	18 Teacher Prep Day (no students)	19 Unit 4 (22 45-min. class periods)	20	21	22	
23 C4W2	24 Unit 4 (22 45-min. class periods)	25	26	27	28	29	
30 C4W3	31 Unit 4 (22 45-min. class periods)	Notes: Jan. 17 - Martin Luther King, Jr. Day Jan. 18 - Teacher Preparation Day (no students)					



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 4: Rhythm and Dance

Focuses on movement that teaches rhythmical patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction.

Unit 5: Fitness Testing and Individual Sports

Focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.

2022		February				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 C4W3	31	01 Unit 4 (22 45-min. class periods)	02	03	04	05
06 C4W4	07 Unit 4 (22 45-min. class periods)	08	09	10	11	12
13 C4W5	14 Unit 4 (22 45-min. class periods)	15	16	17	18	19
20 C4W6	21 Teacher Service Day (no students)	22 • Extend • Review • Assess • Reteach	23	24	25	26 END OF CYCLE 4
27 C5W1	28 Unit 5 (26 45-min. class periods)	01	02	03	04	05
06	07	Notes: Feb. 21 - Teacher Service Day (no students)				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 5: Fitness Testing and Individual Sports

Focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.

2022		March				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W1	28	01 Unit 5 (26 45-min. class periods)	02	03	04	05
06 C5W2	07 Unit 5 (26 45-min. class periods)	08	09	10	11	12
13	14	15	16	17	18	19
	Enrichment Opportunities			Spring Break		
20 C5W3	21 Unit 5 (26 45-min. class periods)	22	23	24	25	26
27 C5W4	28 Chávez / Huerta Day	29 Unit 5 (26 45-min. class periods)	30	31	01	02
03	04	Notes: Mar. 14-18 - Spring Break Mar. 28 - César Chávez/Dolores Huerta Day				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 5: Fitness Testing and Individual Sports

Focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.

Unit 6: Outdoor and Recreation Activities

Focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.

2022		April				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W4	28	29	30	31	01 Unit 5 (26 45-min. class periods)	02
03 C5W5	04 Unit 5 (26 45-min. class periods)	05	06	07	08	09
10 C5W6	11 Unit 5 (26 45-min. class periods)	12	13	14	15 Spring Holiday	16
17 C5W7	18 • Extend • Review • Assess • Reteach	19	20	21	22	23 END OF CYCLE 5
24 C6W1	25 Unit 6 (25 45-min. class periods)	26	27	28	29	30
01	02	Notes: Apr. 15 - Spring Holiday				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 6: Outdoor and Recreation Activities

Focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.

2022		May				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 C6W2	02 Unit 6 (25 45-min. class periods)	03	04	05	06	07
08 C6W3	09 Unit 6 (25 45-min. class periods)	10	11	12	13 • Extend • Review • Assess • Reteach	14
15 C6W4	16 Unit 6 (25 45-min. class periods)	17	18	19	20	21
22 C6W5	23 Unit 6 (25 45-min. class periods)	24	25	26	27	28
29 C6W6	30 Memorial Day	31 • Extend • Review • Assess • Reteach	01	02	03	04
05	06	Notes: May 30 - Memorial Day				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 6: Outdoor and Recreation Activities

Focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.

2022		June				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C6W6	30	31	01 • Extend • Review • Assess • Reteach	02	03	04
05 C6W7	06 • Extend • Review • Assess • Reteach	07	08 Teacher Prep Day (no students) END OF CYCLE 6	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02
03	04	Notes: Jun. 8 - Teacher Preparation Day (no students)				