
Coal City Unit District #1
Seventh Grade
Physical Education Curriculum

PE.7:1 Students will demonstrate the game of speed ball. (IL 19A, 19AG, 19C, 21A, 21AG, 21BG)

PE.7:1-1 Define three types of speed ball scoring: touchdown, basket and field goal.

PE.7:1-2 Demonstrate proper skills of throwing, catching, and kicking in speed ball.

PE.7:1-3 Identify the goalie position and their duties.

PE.7:1-4 Identify rules and terminology.

PE.7:2 Students will demonstrate the game of badminton. (IL 19A, 19AG, 19BG, 19C, 21AG, 21BG)

PE.7:2-1 Identify basic rules and terminology in badminton.

PE.7:2-2 Identify and demonstrate basic safety precautions and terminology.

PE.7:2-3 Demonstrate and identify types of badminton shots: drop, smash, serve and clear.

PE.7:2-4 Demonstrate underhand serve in badminton.

PE.7:3 Students will demonstrate the game of bowling. (IL 19A, 19AG, 19BG, 19C, 20C)

PE.7:3-1 Identify basic rules of bowling.

PE.7:3-2 Identify various symbols and terms in bowling.

PE.7:3-3 Demonstrate proper fundamentals of holding, throwing and releasing the bowling ball.

PE.7:3-4 Label the bowling pins.

PE.7:4 Students will demonstrate the game of soccer. (IL 19A, 19 AG, 19C, 21AG 21BG)

PE.7:4-1 Identify proper kicking and passing skills in soccer.

PE.7:4-2 Identify rules and terminology in soccer.

PE.7:4-3 Identify offensive and defensive positions.

PE.7:5 Students will demonstrate lifetime activities of washers and bean bags. (IL 20C, 19A, 20C, 21AG, 21BG)

PE.7:5-1 Identify rules and regulations in lifetime activities.

PE.7:5-2 Identify ways of scoring in lifetime activities.

PE.7:6 Students will demonstrate the game of softball. (IL 19A, 19C, 21AG, 21BG)

- PE.7:6-1 Identify basic rules and regulations in softball.
- PE.7:6-2 Identify basic fundamentals of catching techniques in softball.
- PE.7:6-3 Identify basic fundamentals of throwing techniques in softball.
- PE.7:6-4 Identify basic fundamentals of hitting techniques in softball.

PE.7:7 Students will demonstrate square dancing. (IL 19A, 21AG, 21BG)

- PE.7:7-1 Identify square dancing terminology.
- PE.7:7-2 Perform and list three or four square dances.
- PE.7:7-3 Display proper dance etiquette in square dancing.

PE.7:8 Students will identify physical fitness concepts. (IL 20A, 20AG, 20B, 20BG, 20CG, 22BG, 22AG)

- PE.7:8-1 Identify muscles and vocabulary terms associated with fitness.
- PE.7:8-2 Perform physical fitness tests, identify their benefits and explain what they measure.
- PE.7:8-3 Manage a personal fitness log.
- PE.7:8-4 Define what each letter in the F.I.T.T. principle represents.