

## Grade 7

### Archery – State Goal 19 & 21

#### Review

- rules, safety, organization, scoring
- equipment
- shooting steps
  - \*body position
  - \*bow
  - \*arrow
  - \*knock your arrow
  - \*draw
  - \*release
- aiming strategies
- retrieval process
- games/competitions

#### Introduce

- averaging scores
- shooting at balloons

### Badminton – State Goal 19

#### Review

- count boundaries
- racket when serving
- service boundaries
- singles 11, doubles 15
- let on serve
- both players serve

#### Introduce

- flick serve
- serve strategy/  
placement
- side to side/  
front to back alignments

### Basketball – State Goals 19 & 21

#### Review

- athletic position

#### Introduce

- defensive strategies
- screening

### Cross-Country – State 19 & 21

#### Review

- form – stride/arm swing
- long term goal setting
- intrinsic & extrinsic motivation

#### Introduce

- training strategies
- heartrate without  
monitors

- perseverance
- graphing

## Field Hockey – State Goal 19 & 21

### Review

- equipment
- rules
- boundaries/field set up
- stick handling
- passing to stationary target
- passing to moving target
- trapping
- change of direction on move (ball control)
- shooting
- goal keeping skills

### Introduce

- defensive strategies
  - \*man to man
  - \*zone
- offensive strategies
  - \*spacing
  - \*set plays
- positions/responsibilities

## Fitness – State Goal 19

### Review

- fitness center
- facility rules
- proper use of equipment
- safety/appropriate weight amounts
- general fitness concepts (cardio, strength, flexibility)
- strength training concepts (sets, reps)
- body “areas” used in specific exercises (legs, chest, arms)

### Introduce

- body enhancement concepts (types of training)
- muscles of the body (names, locations)
- minutes in, below, above zone

## Flag Football – State Goal 19 & 21

### Review

- positions & responsibilities
- expanded rules
- field dimensions/set-up

### Introduce

- pass patterns
- organized plays
- offensive strategies
- defensive strategies

## Hand Soccer – State Goal 19 & 21

### Review

- object of game
- player positions
- shooting
- blocking shots
- goal saving
- penalty shots

### Introduce

- offensive strategies
- defensive strategies

## Lacrosse – State Goal 19 & 21

### Review

- equipment
- rules
- field dimensions/set up
- catching
- throwing
- trap/scoop
- shooting
- goalie skills
- passing to stationary target
- passing to moving target

### Introduce

- defensive strategies
  - \*man to man
  - \*zone
- offensive strategies
  - \*spacing
  - \*set plays
- screens/picks
- positions
- games

## Rhythmic Gymnastics – State Goal 19

### Review

- equipment
- choreography
- equipment skill work
- balance
- flow
- unison
- succession
- levels
- rhythm
- compulsory routine

### Introduce

- more complex choreography
- increase pace/tempo
- music choices for routine

## Rhythm & Dance – State Goal 19

### Review

### Introduce

-folk dancing

-advanced folk dancing

## Rollerskating – State Goal 19

### Review

- equipment
- safety
- procedures
- skates on and off
- free skate
- competitions
- races
- limbo
- forwards/backwards
- “t” stop
- toe stop

## Soccer – State Goal 19 & 21

### Review

- more advanced rules
- use of body to control ball

### Introduce

- training for enhanced soccer skills
- tournament/playoff format

## Softball – State Goal 19 & 21

### Review

- “schauer”ball

### Introduce

- relay throws
- expanded rules
- student pitched games

## Team Handball – State Goal 21

### Review

- rules, equipment, positions
- passing
- catching
- dribbling
- shooting

### Introduce

- stepping patterns
- offensive strategies
- defensive strategies

## Teambuilding – State Goal 21

### Review

- games
- initiatives
- trust
- stunts

### Introduce

- advanced activities

## Track and Field – State Goal 19

### Review

- high jump (Fosbury Flop)
- shot put  
(shot grip & placement,  
starting position,  
footwork, coil phase,  
explosion/release, follow through)
- discus  
(hand placement,  
starting position,  
footwork, coil phase,  
release, follow through)
- triple jump  
(approach, take off foot  
placement, hop-leap- jump  
footwork, landing)
- hurdles  
(stride, hurdle form)

### Introduce

- scoring
- meets

## Tumbling – State Goal 19

### Review

- pyramids
- inverted balances
- routines
- inverted stunts
- advance rolls
- counter balances

### Introduce

- sequence, unison, flow
- routine development

## Ultimate Frisbee – State Goal 21

### Review

### Introduce

- throwing grips
- catching techniques
- rules/scoring

- offensive strategies
- defensive strategies

## Volleyball – State Goal 19 & 21

### Review

- regulation volleyball
- regulation net height

### Introduce

- positions/  
responsibilities
- tournament play

## Wrestling – State Goal 19

### Review

- rules/equipment
- do's & don't
- resistance levels  
(none, moderate, full)
- referee's positions  
(offensive, defensive)
- neutral position
- chest pressure/spins
- scoring
- live wrestle
- half Nelson
- leg-arm drive
- cradle/reverse cradle
- breakdowns
  - \*farm arm drive (offensive)
  - \*shoulder roll (defensive)
  - \*half Nelson (offensive)
- escapes
  - \*short sit out (defensive)

### Introduce

- lock up from standing  
neutral position
- double leg take down
- pancake
- meets/tournaments

