

Options FRMS Physical Education 7B		Scope and Sequence
Unit	Lesson	Objectives
Fitness Fundamentals and Biomechanical Principles		
	Principles of Exercise	
		Apply the training principles of overload, progression, and specificity to physical activity
		Describe the components of FITT (Frequency, Intensity, Time, and Type)
		Identify proper procedures and benefits of warming up and cooling down
	Health-related Fitness	
		List and define each of the five health-related fitness components
		Describe strategies for assessing health-related fitness levels
		Identify activities which improve the components of health-related fitness
	Skill-related Fitness	
		List and define each of the six skill-related fitness components
		Identify factors that influence skill-related fitness levels
		Describe strategies for assessing skill-related fitness levels
	Fitness Evaluation	
		Discuss the factors involved in conducting a fitness evaluation using national fitness tests
		Interpret the results of a fitness evaluation
		Set personal fitness goals based on the results of a fitness evaluation
	Movement	
		Describe the effects of energy and force on movement using acceleration and velocity
		Explain the three classes of levers present in the human body and demonstrate their use in physical activity
	Stability & Range of Motion	
		Describe strategies for improving stability

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Integrated Movement		Identify the six types of joints
		Describe the relationship between joints and range of motion
		List external forces that provide resistance to human movement
		Describe the relationship between efficiency and energy use
		Use the principles of biomechanics to describe an integrated system of human movement
Unit Test		
Cardiorespiratory and Muscular Fitness		
Physical Activity and Cardiorespiratory Fitness		Identify factors that influence cardiovascular and respiratory fitness levels
		Describe the affect of physical activity on the cardiovascular and respiratory system
		Demonstrate methods for assessing cardiorespiratory fitness
The Skeletal, Muscular, and Nervous Systems		Describe the structures and proper care of the of the skeletal system
		Summarize the muscular system, including the functions, types of muscles, and problems associated with the system
		Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system
Muscular Strength and Endurance		Differentiate between muscular strength and muscular endurance
		Explain how muscular strength and endurance contribute to good health and fitness
		Describe how muscles work and grow

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	Developing Muscular Strength and Endurance	
		Evaluate the components of weight training in order to design an appropriate personal program
		Apply exercise principles to develop muscular strength and endurance
		Demonstrate methods for assessing muscular strength and endurance
	Unit Test	
Flexibility, Nutrition, and Body Composition		
	Factors Influencing Flexibility	
		Describe the characteristics of flexibility and factors that influence flexibility levels
		Identify health benefits associated with flexibility
	Physical Activity and Flexibility	
		Apply exercise principles to developing flexibility
		Explain the different types of stretching exercises and how they affect muscles
		Demonstrate methods for assessing flexibility
	Safe and Effective Stretching	
		List guidelines for doing flexibility exercises safely
		Describe a variety of stretching exercises
		Identify stretching exercises that are harmful and should be avoided
	Unit Test	