

WV CSO Curriculum Planning Tool
Seventh Grade Phys Ed Curriculum Map

Standard	Obj.#	Objective	Projected Date	Date Taught	Date Assessed	Date Re-Taught	Date Re-Assessed
Standard 1: Movement Forms (PE.S.1)	PE.7.1.1	participate in a variety of modified (e.g., fewer players, smaller areas) team sports.					
	PE.7.1.2	participate in a variety of modified individual and dual sports.					
	PE.7.1.3	participate in a variety of non-competitive individual and team activities.					
	PE.7.1.4	create and perform a simple dance sequence in time to music.					
Standard 2: Development of Motor Skills (PE.S.2)	PE.7.2.1	identify performance characteristics that relate to successful participation in a variety of movement forms.					
	PE.7.2.2	analyze and demonstrate the basic skills necessary to participate in modified movement forms.					
	PE.7.2.3	demonstrate knowledge of rules and terminology necessary to participate in modified movement forms.					
	PE.7.2.4	use appropriate practice plans to independently improve performance.					
Standard 3: Physical Activity (PE.S.3)	PE.7.3.1	participate in physical activity available in West Virginia (e.g., bicycling, golfing, white water rafting, hunting, fishing, skiing, mountain biking, hiking, rock climbing).					
	PE.7.3.2	research economic impact of regional physical activity resources.					
Standard 4: Physical Fitness (PE.S.4)	PE.7.4.1	meet the gender and age-appropriate health-related fitness standards defined in a selected program (e.g., P.P.F.T., FITNESSGRAM).					
	PE.7.4.2	identify personal fitness needs and participate in physical activities (games, sports, and lifetime physical activities) to improve specified fitness components (e.g., strength, flexibility, and body composition).					
	PE.7.4.3	evaluate health-related fitness relative to body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility (e.g., P.P.F.T., FITNESSGRAM).					
	PE.7.4.4	demonstrate knowledge of the principles of progression and overload (e.g., gradual increase in F.I.T.T.).					
Standard 5: Responsible Personal and Social Behavior (PE.S.5)	PE.7.5.1	demonstrate cooperative team building skills appropriate for physical activity.					
	PE.7.5.2	demonstrate appropriate peer mediation/conflict resolution skills.					
	PE.7.5.3	describe ways to build positive personal relationships and positive self-concept.					
	PE.7.5.4	practice decision-making and communication skills while participating in physical activity.					

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