



© 2023 All rights reserved Kildeer Countryside CCSD 96. Do not copy without permission.

## 23-24 Grade 7 Physical Education Pacing Guide

4.0 Target	3.0 Target	T1	T2	T3
------------	------------	----	----	----

### Movement, Safety, and Rules

Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.	X	X	X
--	--	---	---	---

### Fitness

Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.	X	X	X
--	---	---	---	---

### Teamwork

Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Develop skills necessary to become a successful member of a team by working with others during physical activity.	X	X	X
--	---	---	---	---