

Scope and Sequence  
Physical Education  
Grade 7

Timeline

| Areas of Instruction         | 1st Semester         |   |   |   |   |   | 2nd Semester |                      |   |   |   |   |   |  |
|------------------------------|----------------------|---|---|---|---|---|--------------|----------------------|---|---|---|---|---|--|
| Number of Weeks per activity | 1                    | 2 | 3 | 4 | 5 | 6 |              | 1                    | 2 | 3 | 4 | 5 | 6 |  |
| Physical Fitness             | ████████████████     |   |   |   |   |   |              | ████████████████     |   |   |   |   |   |  |
| Team & Individual Sports     | ████████████████████ |   |   |   |   |   |              | ████████████████████ |   |   |   |   |   |  |
| Leisure and Lifetime Sports  | ████████████████████ |   |   |   |   |   |              | ████████████████████ |   |   |   |   |   |  |
| Rhythms                      | ██                   |   |   |   |   |   |              | ██                   |   |   |   |   |   |  |
| Tumbling                     | ██                   |   |   |   |   |   |              | ██                   |   |   |   |   |   |  |

\*18 weeks per Semester

\*18 weeks per Semester

Physical Education  
Scope & Sequence  
Grade  
7th