



Curriculum Summary

Seventh Grade – Health and Physical Education

Students should know and be able to demonstrate mastery in the following skills by the end of Seventh Grade:

- Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
- Analyze the effects of positive and negative interactions of adolescent group members in physical activities: group dynamics, social pressure
- Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
 - exercise (e.g., climate, altitude, location, temperature)
 - healthy fitness zone
 - individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)
 - drug/substance use/abuse
- Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
 - personal choice
 - developmental differences
 - amount of physical activity
 - authentic practice
- Analyze factors that impact growth and development between adolescence and adulthood.
 - relationships (e.g., dating, friendships, peer pressure)
 - interpersonal communication
 - risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns)
 - abstinence
 - STD and HIV prevention
 - Community
- Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

Compliance Statement

It is the policy of Bear Creek Community Charter School not to discriminate on the basis of race, sex, religion, color, national origin, age, handicap or limited English proficiency in its educational programs, services, facilities, activities or employment policies as required by Title IX of the 1972 Educational Amendments, Title VI and VII of the Civil Rights Act of 1964, as amended, Section 504 Regulations of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 204 Regulations of the 1984 Carl D. Perkins Act or any applicable federal statute.

For information regarding programs, services, activities, and facilities that are accessible to and usable by handicapped persons or for inquiries regarding civil rights compliance, contact: Bear Creek Community Charter School, 30 Charter School Way, Bear Creek Township, PA 18702; or the Director of the Office of Civil Rights, Department of Health, Education and Welfare, Washington, D.C.