

# MS Curriculum Overview

1. Course Title	7th Grade Physical Education			
2. Course Overview	<p>This year-long Physical Education course provides students with opportunities to develop movement skills, physical fitness, teamwork, and healthy lifestyle habits through a variety of games, sports, and recreational activities. Students will build competence and confidence in physical activity while demonstrating responsible behavior, cooperation, and sportsmanship.</p>			
3. Main Resource Used	<p><a href="#">Healthy and Balanced Living Curriculum Framework   Connecticut State Department of Education</a></p> <p><a href="#">OPEN Physical Education Curriculum</a></p>			
4. Unit Sequence & Titles	<p><b>Unit 1</b></p> <p><b>Target Games</b></p>	<p><b>Unit 2</b></p> <p><b>Net and Wall Games</b></p>	<p><b>Unit 3</b></p> <p><b>Invasion Games</b></p>	<p><b>Unit 4</b></p> <p><b>Foundational Fitness</b></p>