

Northwestern School Corporation  
Physical Education Curriculum  
Course Outline  
7<sup>th</sup> Grade

Individual Fitness Testing

Fitness Circuit Training

Basketball Skills and Games

Volleyball Skills and Games

Indoor/ Outdoor Football Skills and Games

Frisbee Golf Games

Handball Games

Track Events/ Relay Fitness Games

Softball/ Wiffleball Skills and Games

Soccer Skills and Games

Speedball Skills and Games

Tennis Skills and Games

Indoor Mass Activities

Lifetime Health Related and Skills Related Activities