

Northwestern School Corporation
Physical Education Curriculum
Instructional Resources

7th Grade

Instructional Resources

Materials may include, but are not limited to, the following materials as applicable to a given lesson or unit:

- Fitness circuits
- Fitness testing
- Demonstrations
- Websites
- Videos
- Newspaper/ magazine
- Current literature
- Additional support personnel/guest speaker
- Current and previously adopted health textbooks
- Health textbook curriculum resources