

## 7th Grade Units of Study

Team Building/Cooperative games

Flag Football

Soccer

Fitness pre-testing

Basketball

Volleyball

Fitness (cardiovascular, strength, mobility, agility)

Dance

Signs of Suicide Training

Floor Hockey

Table Tennis

Fitness post-testing

Ultimate Frisbee

Track and Field

Yard Games

Basketball

Dangers of Vaping

Ultimate Style Games

Tag

Kickball Games