

Sample Circuits: Grade 7 Skills Days

Basketball

Station 1: Dribble a basketball for control and speed

Dribble the ball around the pylon maze, keeping it in control. Dribble back to the start line as quickly as possible.

Station 2: Ball handling

Figure 8 passing around the ankles, circle the waist and knees with ball, ball drop from the knees and catch the ball before it hits floor, etc.)

Station 3: Chest pass to a moving partner

Stand at the sidelines and chest pass to a partner who runs toward the basket from the top of the key.

Station 4: Peer and Teacher Assessment

Focus on stations 1, 3, 5

Station 5: Guard an offensive player with the ball

In groups of 3, guard an offensive player who is dribbling and trying to pass a ball to the third player.

Station 6: Tricks

Spin a basketball on a finger, roll the ball up one arm, over the shoulders and down the other arm, dribble the ball back and forth under the legs.

Volleyball

Station 1: Volley a ball to a wall target

Volley a ball consecutively to a target on the wall.

Station 2: Keep It Up

In groups of 4 –6 keep a beach ball or hackisak in the air by hitting it with various body parts.

Station 3: Serve the volleyball over the net

Use an underhand serve from behind the end line.

Station 4: Peer and Teacher Assessment

Focus on stations 1, 3, 5

Station 5: Bump the ball to a partner

Partner A tosses the ball directly to B, to B's right and to B's left. Partner B bumps the ball back to partner A

Station 6: Rope Skipping (2 feet to 2 feet, 1 foot to 1 foot, alternate feet etc)

Gymnastics

Station 1: On the floor, move from one static balance to another

Move from a stork stand, to a front scale to an arabesque. Move from a tripod to a V-sit to a shoulder balance.

Station 2: Stunts

(Jump in the air and click heels; grasp right ankle to back of leg and dip right knee to touch floor; jump in the air and touch knees to chest; etc.)

Station 3: Perform aerial rotations in a specific space

Perform a cartwheel along a floor line.

Station 4: Peer and Teacher Assessment Focus on stations 1, 3, 5, 6

Station 5: Perform rolls and balances in sequence

Perform a handstand and a forward roll in sequence.

Station 6: Dismount from equipment and land safely in control

Perform a cartwheel dismount from a bench or box. Perform a straddle dismount from the box horse.

Track and Field

Station 1: Perform locomotion and stability skills in combination

From a sprint approach, long jump into the pit.

Station 2: Medley Relay

In groups of 4, pass the baton from runner to runner, the first person runs 100m, the second, 200m, the third 400m and the fourth 800m).

Station 3: Frisbee Discus

Throw the frisbee for distance and accuracy, trying to hit all three targets marked on the playing field).

Station 4: Peer and Teacher Assessment

Focus on stations 1, and 5

Station 5: Demonstrate a running technique

Students sprint the following distances: 50m, 80m, 100m.

Station 6: Juggling

Juggle 3 beanbags, juggle 3 tennis balls

Dance

Station 1: Move to external stimuli, using a variety of steps, sequences, directions and hand actions

Perform the following steps in a sequence and to music: cross point, step touch, cross back together and grapevine.

Station 2: Create an original dance with a partner, using at least 3 steps in a repeatable sequence.

Station 3: Move to external stimuli, using a variety of steps, sequences, directions and hand actions

Use the following steps to make up a dance: Schottische and Star/Turn.

Station 4: Peer and Teacher Assessment

Focus on stations 1,3, 5

Station 5: Perform a dance individually and with a partner

Perform the polka alone and then with a partner.

***Station 4 in each circuit is dedicated to Peer and Teacher Assessment.**

***Assess only those stations that include a movement skill expectation described in italics.**