

Grade 7

Movement Competence and Understanding 7.1

1 Combine the critical elements of movement and skills concepts. 7.1.1

- a Design and perform movement sequences that combine traveling, balancing, and weight transfer into smooth, flowing sequences with changes in direction, speed, and flow. 7.1.1.A
- b Cooperate with another student to create, develop, and refine movement routines based on a theme. 7.1.1.B
- c Create a game, movement, dance, or sport with a group. 7.1.1.C
- d Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing, catching; kicking and punting; striking; trapping; dribbling (hand and foot); and volleying. 7.1.1.D
- e Analyze movement patterns, and correct errors. 7.1.1.E
- f Use principles from motor learning to establish, monitor, and meet goals for motor skill development. 7.1.1.F
- g Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts. 7.1.1.G

2 Demonstrate beginning offensive and defensive strategies for individual and team physical activities and sports. 7.1.2

- a Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities. 7.1.2.A
 - b Develop an individual or dual game that uses a manipulative skill, two different offensive strategies, and a scoring system, and teach it to another person. 7.1.2.B
 - c Reduce open space by using locomotor movements in combination with movement concepts. 7.1.2.C
 - d Reduce open space on defense by staying close to the opponent as he/she nears the goal. 7.1.2.D
 - e Use a variety of passes, pivots and fakes; give and go to create open space. 7.1.2.E
 - f Select an effective defensive play based on the situation. 7.1.2.F
 - g Transition from offense to defense or defense to offense quickly. 7.1.2.G
 - h Create open space in net or wall games by varying force and directions and by moving opponent from side to side. 7.1.2.H
 - i Select an offensive shot based on an opponent's location. 7.1.2.I
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Physical and Personal Wellness 7.2

1 Understand and apply principles of physical fitness to create a personal fitness plan and set personal physical fitness goals. 7.2.1

- a Explain the principles of physical fitness (S.P.O.R.T.); Specificity, progression, overload, reversibility, and tedium. 7.2.1.A
 - b Incorporate the F.I.T.T. Principle into a fitness plan. 7.2.1.B
 - c Create an individual physical activity portfolio. 7.2.1.C
 - d Identify elements that comprise an age-appropriate fitness plan, according to an individual's age, level of fitness and goals. 7.2.1.D
 - e Identify and incorporate self-selected activities that are enjoyable into one's personal fitness plan. 7.2.1.E
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2 Demonstrates fitness knowledge and skills that maintain a health-enhancing lifestyle, while actively engaging in the participation of lifetime physical activities. 7.2.2

- a Maintain involvement in a physical activity, twice a week, outside physical education class. 7.2.2.A
 - b Engage in a variety of strength and endurance fitness activities. 7.2.2.B
 - c Participate in a variety of lifetime dual and individual sports, martial arts, or aquatic activities. 7.2.2.C
 - d Identify moderate to vigorous muscle and bone strengthening physical activities. 7.2.2.D
 - e Develop and describe short-term and long-term fitness goals as they relate to improving health-related or skill-related components. 7.2.2.E
 - f Design a warm-up and cool-down regime for a self-selected physical activity. 7.2.2.F
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Social Emotional Wellness 7.3

1 Demonstrate inclusiveness in and out of classroom settings. 7.3.1

- a Seek out participation with, and show respect for, a peer with varying skill ability in a variety of physical activities. 7.3.1.A
 - b Participate in group cooperation games and adventure activities to encourage team-building and fun. 7.3.1.B
 - c Make suggestions to the instructor on how to modify a game to allow all members with varying skill abilities to participate. 7.3.1.C
 - d Recognize the role of physical activity in getting to know and understand others of similar and different backgrounds. 7.3.1.D
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Prevention and Risk Management 7.4

- 1 Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.** 7.4.1
 - a Describe proper warm-up and cool-down procedures for a chosen activity (e.g., create a report, bulletin board, or poster). 7.4.1.A
 - b Identify proper warm-up and cool-down techniques. 7.4.1.B
 - c Explain that warm-up and cool-down activities prepare the body for physical activity and help to prevent injuries. 7.4.1.C
 - d Identify safety rules for the activity and area being used. 7.4.1.D
 - e Independently use physical activity and exercise equipment appropriately and safely. 7.4.1.E