

Grade 7 Physical Education

Demonstrate competency in a variety of motor skills and movement patterns.

MP. Combinations of Movement Patterns and Skills 7.1.MP

- MP1. Apply refined movement concepts, principles, strategies and tactics when learning and performing physical activities. 7.1.MP1
 - MP2. Demonstrate combined motor skills in a variety of games and activities 7.1.MP2
 - MP3. Perform controlled movements in game-like situations. 7.1.MP3
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MS. Manipulative Skills 7.2.MS

- MS1. Demonstrate how to send, receive and retain a variety of objects, while taking into account position and motion in relation to others, equipment and boundaries, while applying appropriate performance cues. 7.2.MS1
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Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

MC. Combinations of Movement Concepts 7.2.MC

- MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities and game-like situations. 7.3.MC1
 - MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in physical activities and game-like situations. 7.3.MC2
 - MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences in physical activities and game-like situations. 7.2.MC3
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Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PA. Physical Activity Knowledge and Engagement 7.3.PA

- PA1. Explain the physical, social and mental/emotional benefits of being physically active. 7.3.PA1
 - PA2. Analyze self-selected physical activity and adjust activities based on current fitness level. 7.3.PA2
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PF. Physical Fitness Knowledge 7.3.PF

- PF1. Describe how the FITT principle is used to develop personal fitness goals. 7.3.PF1

3N. Nutrition 7.3.N

- N1.** Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity. 7.3.N1

M. Stress Management 7.3.M

- M1.** Analyze various physical activities that help with stress reduction 7.3.M1

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

SW. Social Interactions/Working with Others 7.4.SW

- SW1.** Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. 7.4.SW1

RE. Rules and Etiquette 7.4.RE

- 1.** Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities. 7.4.RE.1
- RE2.** Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict. 7.4.RE2

SA. Safety 7.4.SA

- SA1.** Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities. 7.4.SA1

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

HE. Health 7.5.HE

- HE1.** Compare how regular participation in physical activities supports the goals of a healthy lifestyle. 7.5.HE1

C. Challenge 7.5.C

- C1.** Identify strategies for persevering when physical activities bring challenge. 7.5.C1

SE. Self-Expression and Enjoyment 7.5.SE

- SE1.** Demonstrate both intrinsic and extrinsic motivation by selecting physical activities to participate in outside of class. 7.5.SE1

SI. Social Interaction 7.5.SI

- SI1.** Demonstrate positive social interactions during physical activity 7.5.SI1

A. Advocacy 7.5.A

- A1.** Create physical activity messages for different audiences that persuade others to make healthy and safe physical choices. 7.5.A1