

# Grade 7

## Motor Skills and Movement Patterns [S1.G7](#)

### Dance & Rhythms

- 1 Demonstrates correct rhythm and pattern for one dance form. [S1.G7.1](#)
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### Throwing

- 2 Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment. [S1.G7.2](#)
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### Catching

- 3 Catches a variety of objects from different trajectories with a mature pattern in small-sided game play. [S1.G7.3](#)
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### Passing & Receiving

- 4a Passes and receives with feet while changing direction and speed with competency. [S1.G7.4A](#)
  - 4b Throws, while moving, a leading pass to a moving receiver. [S1.G7.4B](#)
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### Offensive Skill

- 5a Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. [S1.G7.5A](#)
  - 5b Performs the following offensive skills with defensive pressure: pivot, give and go, and fakes. [S1.G7.5B](#)
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### Dribbling/Ball Control

- 6a Dribbles with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks. [S1.G7.6A](#)
  - 6b Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks. [S1.G7.6B](#)
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### Shooting on a Goal

- 7 Shoots on goal with power and accuracy in small-sided game play. [S1.G7.7](#)
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### Defensive Skills

- 8 Slides in all directions while on defense without crossing feet. [S1.G7.8](#)

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### **Serving**

- 9 Consistently executes an underhand serve with a mature pattern to a predetermined target for net and wall games. [S1.G7.9](#)
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### **Striking**

- 10 Strikes with a mature overhand pattern in a dynamic environment for net or wall games. [S1.G7.10](#)
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### **Forehand & Backhand**

- 11 Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games. [S1.G7.11](#)
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### **Weight Transfer**

- 12 Transfers weight with correct timing using low-to-high striking pattern with a short-handled implement on the forehand side. [S1.G7.12](#)
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### **Volley**

- 13 Forehand and backhand volleys with a mature pattern and control using a short handled implement. [S1.G7.13](#)
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### **Two-hand volley**

- 14 Two-hand volleys with control in a dynamic environment. [S1.G7.14](#)
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### **Target Games/Propel an Object**

- 15 Consistently propels an object for target games. [S1.G7.15](#)
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### **Striking with a Long-Handled Implement**

- 16 Strikes a pitched ball with an implement to open space in a variety of practice tasks. [S1.G7.16](#)
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### **Catching with a Short or Long-Handled Implement**

- 17 Catches, with a mature pattern, from different trajectories, using a variety of objects in small-sided game play while using an implement. [S1.G7.17](#)
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### **Outdoor Pursuits**

- 18 Demonstrates correct technique for a variety of skills in one self-selected outdoor activity. [S1.G7.18](#)
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### **Individual Performance Activities**

- 19 Demonstrates correct technique for a variety of skills in one self-selected individual performance activity. [S1.G7.19](#)
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### **Concepts and Strategies** [S2.G7](#)

### **Creating Space - Movement**

- 1 Reduces open space in combination with movement concepts. [S2.G7.1](#)

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### **Creating Space - Offensive Tactics**

- 2 Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give and go. [S2.G7.2](#)

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### **Reducing Space - Changing Size and Shape**

- 3 Reduces open space on defense by staying close to the opponent as they near the goal. [S2.G7.3](#)

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### **Reducing Space - Using Denial**

- 4 Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection. [S2.G7.4](#)

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### **Transitions**

- 5 Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. [S2.G7.5](#)

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### **Creating Space - Through Variation**

- 6 Creates open space in net or wall games with a long-handled implement by varying force and direction and by moving opponent from side to side. [S2.G7.6](#)

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### **Using Tactics & Shots**

- 7 Selects offensive shot based on opponent's location. [S2.G7.7](#)

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### **Shot Selection**

- 8 Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. [S2.G7.8](#)

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### **Offensive Strategies**

- 9 Uses a variety of shots to hit to open space. [S2.G7.9](#)

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### **Reducing Space**

- 10 Selects the correct defensive play based on the situation. [S2.G7.10](#)

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### **Movement Concepts**

- 11a Identifies and applies Newton's Laws of Motion to various dance or movement activities. [S2.G7.11A](#)
- 11b Analyzes an activity and makes adjustments to ensure the safety of self and others. [S2.G7.11B](#)

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## **Health-Enhancing Level of Physical Activity and Fitness** [S3.G7](#)

### **Physical Activity Knowledge**

- 1 Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. [S3.G7.1](#)

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### Engages in Physical Activity

- 2 Participates in a variety of moderate to vigorous strength and endurance fitness activities (Pilates, resistance training, body weight training, free weight training, dual and individual sports, martial arts, or aquatic activities). [S3.G7.2](#)

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### Fitness Knowledge

- 3a Distinguishes between health-related and skill-related fitness components. [S3.G7.3A](#)
- 3b Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. [S3.G7.3B](#)
- 3c Describes and demonstrates the difference between dynamic and static stretches. [S3.G7.3C](#)

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## Responsible Personal and Social Behavior [S4.G7](#)

### Personal Responsibility

- 1a Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. [S4.G7.1A](#)
- 1b Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors. [S4.G7.1B](#)

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### Accepting Feedback

- 2 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. [S4.G7.2](#)

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### Working with Others

- 3a Accepts differences among classmates in physical development, maturation, and skill level by providing encouragement and positive feedback. [S4.G7.3A](#)
- 3b Cooperates with a small group of classmates. [S4.G7.3B](#)

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### Rules and Etiquette

- 4 Identifies the rules and etiquette for activities. [S4.G7.4](#)

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## Recognizes the Value of Physical Activity [S5.G7](#)

### Health

- 1a Identifies different types of physical activities and describes how each exerts a positive effect on health. [S5.G7.1A](#)
- 1b Identifies positive mental and emotional aspects of participating in a variety of physical activities. [S5.G7.1B](#)

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### Challenge

- 2a Generates positive strategies such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge. [S5.G7.2A](#)
- 2b Shows that skills will develop over time with appropriate practice. [S5.G7.2B](#)

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## **Self-Expression and Enjoyment**

- 3a** Identifies why self-selected physical activities create enjoyment. **S5.G7.3A**
- 3b** Explains the relationship between self-expression and lifelong enjoyment through physical activity. **S5.G7.3B**