

# Grade 7

Adopted 2015

## **Demonstrates Competency in a Variety of Motor Skills and Movement Patterns.**

### **A. Demonstrate movement skills and patterns in a variety of individual performance activities and lifetime physical activities.**

1. Demonstrate a routine that includes variety of movement patterns in dance, gymnastics or fitness (e.g., yoga, Zumba) with a partner or small group.
2. Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of movement forms (e.g., fitness, track and field, martial arts) in various settings.
3. Perform basic folk/square/line-dance sequences to music.

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### **B. Demonstrate critical elements of specialized manipulative skills in a variety of settings.**

1. Send, receive, dribble and shoot using appropriate critical elements in practice and small-sided invasion games.
2. Strike an object with hand or implement using appropriate critical elements in controlled practice and singles/small-sided net/wall games.
3. Strike and field an object with foot, hand or implement using appropriate critical elements in controlled practice and small-sided striking/fielding games.
4. Send an object to a target in controlled practice and individual/small-sided games.

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## **Applies Knowledge of Concepts, Principles, Strategies and Tactics Related to Movement and Performance.**

### **A. Apply tactical concepts and performance principles in game-like settings.**

1. Create space and position self in space to create scoring opportunities.
2. Defend space and position self in space to prevent opponents from attacking or scoring.
3. Select correct decision in game-like settings.

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### **B. Demonstrate knowledge of critical elements and biomechanical principles for specialized skills.**

1. Analyze movement using knowledge of critical elements (key points) in specialized skills in fitness, sport/games, individual performance activities and movement forms.
  2. Identify ways to improve movement performance using cues, drills or fitness activities.
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**Demonstrates the Knowledge and Skills to Achieve and Maintain a Health-Enhancing Level of Physical Activity and Fitness.**

**A. Develops a plan to meet the recommendation for daily physical activity.**

1. Analyze a variety of moderate to vigorous school, home and community physical activity opportunities to meet physical activity guidelines.
  2. Identify active alternatives to screen time.
  3. Analyze physical activity assessment data and create a plan to improve or maintain physical activity levels.
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**B. Utilizes principles and practices to design a personalized health-related fitness plan.**

1. Describe and use technology to monitor fitness (e.g., heart monitor, pedometer, phone and iPod apps).
  2. Adjust intensity and/or pace to stay within target heart rate or rate of perceived exertion (using RPE scale).
  3. Apply the principle of specificity to identify exercises to improve muscular strength and endurance.
  4. Identify activities to improve lower body flexibility.
  5. Design a fitness plan based on the results of health-related fitness assessment.
  6. Identify healthy food choices and appropriate servings to balance calorie intake with energy expenditure.
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**Exhibits Responsible Personal and Social Behavior that Respects Self and Others.**

**A. Develop and apply rules, safe practices and procedures in physical activity settings.**

1. Make a conscious decision about playing within the rules, procedures and etiquette of a game or activity.
  2. Acknowledge and apply rules to game situations to ensure personal and group safety.
  3. Engage in activities, stay on task, challenge oneself and take responsibility for actions.
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**B. Communicate effectively with others to promote respect and conflict resolution in physical activity settings.**

1. Offer positive suggestions or constructive feedback to facilitate group progress.
  2. Demonstrate cooperation with peers of different gender, race and ability in physical activity settings.
  3. Resolve conflict with sensitivity to the rights and feelings of others.
  4. Accept and respect decisions made by the designated official.
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**Recognizes the Value of Physical Activity for Health, Enjoyment, Challenge, Self-Expression and/or Social Interaction.**

**A. Makes a connection between participation in physical activity and physical, emotional and intellectual health.**

1. Identify activities that can provide health benefits for at least three components of fitness.
  2. Describe how different physical activities have an impact on emotional health.
  3. Describe how different physical activities have an impact on intellectual health.
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**B. Discusses the positive impact physical activity has on his or her life.**

1. Analyze reasons to enjoy specific physical activities.
2. Analyze a specific activity the student plays because he or she finds it challenging.
3. Analyze reasons to enjoy specific physical activities the student plays because of the opportunities for social interaction.