

# Physical: Grade 7

Adopted 2016

**Students will demonstrate competency in a variety of motor skills and movement patterns.**

## **1. Throw**

7. Perform a throw (underhand and overhand) with mature pattern for distance and accuracy during small-sided game play. [PE1.1.7](#)
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## **2. Catch**

7. Perform a catch with mature pattern with hands or an implement in small-sided game play. [PE1.2.7](#)
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## **3. Pass and Receive**

7. Perform passing and receiving with hand, foot, or implement with competency (including leading pass) while moving and changing direction and speed in small-sided game play. [PE1.3.7](#)
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## **4. Dribble**

7. Perform dribbling skills with preferred and non-preferred hand, foot, or implement with competency while moving and changing direction and speed in small-sided game play. [PE1.4.7](#)
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## **5. Strike**

7. Perform underhand and overhand striking with competency with and without an implement in small-sided game play. [PE1.5.7](#)
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## **6. Forehand and Backhand**

7. Perform forehand and backhand strikes with competency using weight transfer and correct timing with a long-handled implement in small-sided game play. [PE1.6.7](#)
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## **7. Shoot**

7. Perform shooting on goal or target with power and accuracy in small-sided game play. [PE1.7.7](#)
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## **8. Serve**

7. Perform an underhand and overhand serve with control, weight transfer, and competency in small-sided game play. [PE1.8.7](#)

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## 9. Volley

7. Perform forehand- and backhand-volleys with control and competency with and without a short- or long-handled implement in small-sided game play. PE1.9.7

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## 10. Offensive Skills

7. Perform pivots and defensive pressure in small-sided game play. PE1.10.7

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## 11. Defensive Skills

7. Perform defensive positioning while moving without crossing feet in small-sided game play. PE1.11.7

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## 12. Individual-Performance Activities

7. Perform correct technique for a variety of skills in one selected individual performance activity. PE1.12.7

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## 13. Outdoor Pursuits

7. Perform correct technique for a variety of skills in one selected outdoor activity. PE1.13.7
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**Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

### 1. Invasion Games, Offensive Tactics

7. Demonstrate at least two of the following offensive tactics to create open space: move to open space on and off the ball; use a variety of passes, pivots, and fakes; use the width and length of the field or court on offense; create open space by staying spread out on offense; cut and pass quickly. PE2.1.7

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### 2. Invasion Games, Defensive Tactics

7. Demonstrate reducing open space on defense by staying on the goal side of the offensive player. PE2.2.7

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### 3. Invasion Games, Transitions

7. Demonstrate transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. PE2.3.7

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### 4. Net and Wall Games, Creating Space

7. Create open space in net and wall games by moving opponent from side to side and/or forward and backward. PE2.4.7

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### 5. Net and Wall Games, Tactics and Shots

7. Demonstrate offensive shot based on opponent's location. PE2.5.7

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### 6. Field and Strike, Offensive Tactics

7. Demonstrate a variety of shots to hit to open space. PE2.6.7

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## 7. Field and Strike, Defensive Tactics

7. Select the correct defensive play based on the situation. PE2.7.7
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## 8. Target Games

7. Determine how to vary the speed or trajectory of the shot based on location of the object in relation to the target. PE2.8.7
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## 9. Movement and Rhythm

7. Identify how mechanical advantage (Newton's Laws) can affect movement performance. PE2.9.7
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## 10. Outdoor Pursuits

7. Analyze a situation and make appropriate decisions, based on level of difficulty due to conditions and ability, to ensure safety of self and others. PE2.10.7
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Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

## 1. Benefit of Physical Activity

7. Describe how being physically active contributes to mental health. PE3.1.7
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## 2. Engagement in Physical Activity

7. Participate in physical activity two times per week outside of physical education class. PE3.2.7
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## 3. Components of Fitness

7. Identify health-related and skill-related components of fitness for specific physical activities. PE3.3.7
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## 4. Health-Related Fitness

- a. Differentiate between muscular strength and muscular endurance. PE3.4.7.A
  - b. Demonstrate difference between dynamic and static stretches. PE3.4.7.B
  - c. Describe when to use dynamic and static stretches. PE3.4.7.C
  - d. Describe relationship between cardiorespiratory endurance activities and intensity (Borg rating). PE3.4.7.D
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## 5. FITT Principle

7. Describe the FITT principle for muscular strength, muscular endurance, and flexibility. PE3.5.7
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## 6. Phases of Exercise

7. Design a warm-up or cool-down for a self-selected physical activity. PE3.6.7
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## 7. Engagement in Fitness Activities

7. Participate in a variety of cardiorespiratory endurance, muscular strength, and muscular endurance fitness activities. PE3.7.7

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## 8. Body Systems

7. Describe how muscles pull on bones to create movement in pairs by relaxing and contracting. [PE3.8.7](#)
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## 9. Nutrition

- a. Explain why the six essential nutrients (carbohydrates, fats, proteins, vitamins, minerals, water) are needed for physical performance. [PE3.9.7.A](#)
  - b. Explain relationship of caloric intake and expenditure to weight management and investigate strategies for balancing calories. [PE3.9.7.B](#)
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## 10. Goal-Setting

7. Use a SMART goal to improve or maintain two areas of health-related fitness based on fitness assessments. [PE3.10.7](#)
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## 11. Physical Activity and Nutrition Log

7. Maintain and reflect on a personal physical activity and hydration log and set goals for improvement. [PE3.11.7](#)
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**Students will exhibit responsible personal and social behavior that respects self and others.**

### 1. Personal Responsibility

7. Exhibit responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. [PE4.1.7](#)
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### 2. Rules and Etiquette

7. Demonstrate knowledge of rules and etiquette by self-officiating physical activities and games. [PE4.2.7](#)
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### 3. Receiving and Providing Feedback

7. Demonstrate responsibility by providing and accepting specific corrective feedback to improve performance. [PE4.3.7](#)
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### 4. Working with Others

7. Demonstrate cooperative skills by establishing rules and guidelines for resolving conflicts. [PE4.4.7](#)
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### 5. Safety

7. Independently use physical activity and fitness equipment appropriately and safely. [PE4.5.7](#)
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**Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.**

### 1. Challenge

7. Use positive strategies when faced with a group challenge. [PE5.1.7](#)

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## **2. Self-Expression and Enjoyment**

- a. Identify why self-selected physical activities create enjoyment. **PE5.2.7.A**
  - b. Explain the relationship between self-expression and lifelong enjoyment through physical activity. **PE5.2.7.B**
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## **3. Social Interaction**

- 7. Demonstrate importance of social interaction by avoiding trash talk and playing in the spirit of activities and games. **PE5.3.7**