

Grade 7

Movement Forms/Development of Motor Skills

- 39 Participate in a variety of individual, dual, and team sports. WE.7.39
- 40 Participate in a variety of non-competitive individual activities. WE.7.40
- 41 Create and perform a dance sequence in time to music. WE.7.41

Physical Activity

- 42 Identify opportunities for physical activity available in the community and/or state (e.g., bicycling, golfing, white water rafting, kayaking, hunting, fishing, skiing, mountain biking, hiking, rock climbing). WE.7.42
- 43 Participate in physical activities both in and outside school. WE.7.43

Physical Fitness

- 44 Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). WE.7.44
- 45 Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). WE.7.45
- 46 Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). WE.7.46
- 47 Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. WE.7.47
- 48 Identify personal fitness needs and participate in physical activities to improve individualized goals. WE.7.48
- 49 Explain how the principles of progression and overload improve personal fitness performance. WE.7.49
- 50 Differentiate between health-related fitness (e.g. cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility) and skill related fitness (e.g. speed, agility, balance, reaction time, power, coordination). WE.7.50

Responsible Personal and Social Behavior

- 51 Demonstrate cooperative team building skills appropriate for physical activity (e.g., equal opportunity for participation). WE.7.51
- 52 Demonstrate appropriate conflict resolution skills (e.g., peer mediation). WE.7.52

53 Demonstrate knowledge of rules, etiquette, and safety while participating in various physical activities (e.g. sportsmanship, fair play). WE.7.53