

Grade 7

Adopted 2005

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Manipulative Skills

- 1.1 Demonstrate mature techniques for the following patterns: overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying.

Rhythmic Skills

- 1.2 Perform multicultural dances.

Combinations of Movement Patterns and Skills

- 1.3 Combine manipulative, locomotor, and nonlocomotor skills into movement patterns.
- 1.4 Demonstrate body management and object-manipulation skills needed for successful participation in individual and dual physical activities.
- 1.5 Demonstrate body management and locomotor skills needed for successful participation in track and field and combative activities.
- 1.6 Demonstrate body management and object-manipulation skills needed for successful participation in introductory adventure/outdoor activities.

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Movement Concepts

- 2.2 Analyze movement patterns and correct errors.
- 2.3 Use principles of motor learning to establish, monitor, and meet goals for motor skill development.
- 2.4 Explain and demonstrate spin and rebound principles for performing manipulative skills.
- 2.5 Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts.
- 2.6 Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities.

Manipulative Skills

- 2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying.

Combination of Movement Patterns and Skills

- 2.7** Develop an individual or dual game that uses a manipulative skill, two different offensive strategies, and a scoring system and teach it to another person.
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Students assess and maintain a level of physical fitness to improve health and performance.

- 3.1** Assess one's own muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition by using a scientifically based health-related fitness assessment.
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- 3.2** Evaluate individual measures of physical fitness in relationship to patterns of physical activity.
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- 3.3** Develop individual goals, from research-based standards, for each of the five components of health-related physical fitness.
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- 3.4** Plan a weekly personal physical fitness program in collaboration with the teacher.
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- 3.5** Participate in moderate to vigorous physical activity a minimum of four days each week.
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- 3.6** Assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program.
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Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

- 4.1** Develop a one-week personal physical fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each component of health-related physical fitness.
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- 4.2** Identify physical activities that are effective in improving each of the health-related physical fitness components.
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- 4.3** Match personal preferences in physical activities with each of the five components of health-related physical fitness.
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- 4.4** Explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest.
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- 4.5** Describe the role of physical activity and nutrition in achieving physical fitness.
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- 4.6** Identify and apply the principles of overload in safe, age-appropriate activities.
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- 4.7** Explain progression, overload, and specificity as principles of exercise.
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- 4.8** Discuss the effect of extremity growth rates on physical fitness.
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Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Self-Responsibility

- 5.1 Identify appropriate and inappropriate risks involved in adventure, individual, and dual physical activities.
 - 5.2 Accept responsibility for individual improvement.
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Social Interaction

- 5.3 Demonstrate an acceptance of differences in physical development and personal preferences as they affect participation in physical activity.
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Group Dynamics

- 5.4 Evaluate the effect of expressing encouragement to others while participating in a group physical activity.
- 5.5 Identify the responsibilities of a leader in physical activity.