

Grade 7

Adopted 2018

Motor Skills and Movement Patterns

- 1. The physically educated student demonstrates competency in a variety motor skills and movement patterns. PE7.1**
 - a. Performs specialized manipulative skills in an applied setting to include striking and kicking in a dynamic environment while running, changing direction, pace, and levels. PE7.1.A
 - b. Performs a movement sequence in a physical activity, dance routine, or game (e.g., give and go in soccer; hop/step/ jump in triple jump; and jump rope routine). PE7.1.B
 - c. Creates rhythm sequences that combine complex movement concepts and skills (e.g., the foot movements required to perform a successful basketball layup; running jump shot in team handball; run/jump/throw as in a double play). PE7.1.C
 - d. Demonstrates control while using a variety of throwing motions in activities (e.g., angleball, horseshoes, spin casting, and ultimate frisbee). PE7.1.D
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Movement Concepts and Principles

- 2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance. PE7.2**
 - a. Explores basic physics concepts such as action-reaction, trajectory, levers, and linear velocity that are important in physical activities. PE7.2.A
 - b. Identifies and predicts the results of open space concepts in team sport activities by utilizing offensive and defensive tactics. PE7.2.B
 - c. Analyzes potential outcomes of offensive and defensive tactics in small-sided game settings. PE7.2.C
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Fitness

- 3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE7.3
 - a. Identifies barriers to maintaining a physically active lifestyle. PE7.3.A
 - b. Identifies general principals of training. (the overload principle and the FITT principle of Frequency, Intensity, Time, and Type). PE7.3.B
 - c. Identifies places in the community where activities learned in class can be practiced and enjoyed. PE7.3.C
 - d. Identifies and explains the difference between health-related and skill-related fitness. PE7.3.D
 - e. Participates in the Georgia Fitness Assessment with teacher supervision. PE7.3.E
 - f. Identifies accurately form breaks for each Georgia Fitness Assessment component. PE7.3.F
 - g. Performs fitness assessment protocols correctly. PE7.3.G
 - h. Determines if fitness scores are in the Healthy Fitness Zone (HFZ) for age and gender. PE7.3.H
 - i. Identifies health fitness components that are strong and those in need of improvement. PE7.3.I
 - j. Develops and revises an exercise plan utilizing exercises or activities that will contribute to the improvement of in one or more components of the Georgia Fitness Assessment Program. PE7.3.J
 - k. Explains the RPE (Rating of Perceived Exertion) scale and how it can be used in a personal fitness regimen. PE7.3.K
 - l. Explains the importance of the aerobic capacity in overall health. PE7.3.L
 - m. Compares and contrasts static and dynamic stretching. PE7.3.M
 - n. Compares and contrasts strength and endurance training. PE7.3.N
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Personal and Social Behavior, Rules, Safety, and Etiquette

- 4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE7.4
 - a. Demonstrates support of and cooperation with peers. PE7.4.A
 - b. Exhibits task behaviors with limited supervision by self-officiating and problem solving during activities and including the safe and appropriate use of equipment. PE7.4.B
 - c. Demonstrates an acceptance of differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback and by avoiding bullying behavior. PE7.4.C

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- 5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. PE7.5**
- a. Participates in health enhancing activities for personal challenge and describes how each exerts a positive effect on health. PE7.5.A
 - b. Participates in new activities and describes the positive mental and emotional benefits of participation. PE7.5.B
 - c. Explains the benefits of social interaction through physical activity. PE7.5.C