

# Grade 7

Adopted 2009

## Skill Development

1. Apply coordinated movements, strategies, and rules to achieve success in a variety of sports and activities.
2. Demonstrate strategic positioning for offense and defense in game situations.
3. Demonstrate dances used for social and recreational enjoyment and physical fitness enhancement.
4. Demonstrate a sequence of balancing skills by traveling on apparatus while working cooperatively with a partner to create a balance sequence.
5. Demonstrate relaxation and stress reduction exercises.
6. Demonstrate offensive skills, including pick, fake, and screen, for a variety of team sports.

## Cognitive Development

7. Identify appropriate drills and repetitions to improve performance.
8. Describe the concept of effort as it relates to improvement of skill execution.
9. Analyze peer skill performance for efficiency in sport and recreational activities.
10. Explain differences between legal and illegal behaviors in sports.

## Social Development

11. Apply methods for communicating with confrontational opponents.
  - Practicing social courtesies in group activities
12. Demonstrate elements, including sport competency, literacy, and enthusiasm, needed to accomplish a team goal in competitive and cooperative environments.

## Physical Activity and Health

13. Identify factors that can be manipulated to achieve an overload in muscular strength and cardiorespiratory endurance.
14. Explain correlations among nutrition, exercise, and rest in the development of a healthy lifestyle.