Alabama Physical Education

Grade 7

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.7.1

A 1.1 Locomotor: _Dance and rhythms_ PE19.7.1.A

1 Demonstrate accurate rhythmic activities and sequences of steps for multiple dance forms. PE19.7.1.1

APE ___APE accommodation suggestions:___ slower music, poly spots and/or arrows on floor for direction, break the dance steps/ movements down into small parts, review/practice, peer assistance and modeling PE19.7.1.1.APE

B 1.2 Manipulative: _Throwing_ PE19.7.1.B

2 Throw using the proper form for distance or power appropriate to the activity in a dynamic environment. PE19.7.1.2

APE ___APE accommodation suggestions:___ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers. PE19.7.1.2.APE

C 1.3 Manipulative: _Catching_ PE19.7.1.C

3 Catch using the proper form from a variety of trajectories using different objects in small-sided game play. PE19.7.1.3

APE ___APE accommodation suggestions:___ Decrease distance ball is tossed, rolled or bounced; provide students the opportunity to catch an object using a bucket or a basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies). PE19.7.1.3.APE

D 1.4 Manipulative: _Passing and receiving_ PE19.7.1.D

4 Pass and receive using hands and feet in combination with locomotor patterns, change of direction, and/or speed, with proficiency. PE19.7.1.4

APE ___APE accommodation suggestions:___ Use a larger ball or slightly deflated ball. PE19.7.1.4.APE

E 1.5 Manipulative: _Offensive skills_ PE19.7.1.E

5 Perform a variety of offensive skills with defensive pressure. PE19.7.1.5

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.7.1.5.APE

.6 Manipulative: _Dribbling and ball control_ PE19.7.1.F

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6 Dribble with dominant and non-dominant hand, foot, or implement while changing speed and/or direction in a variety of tasks with defensive pressure. PE19.7.1.6

APE ___APE accommodation suggestions:___ Use a larger ball or slightly deflated ball. PE19.7.1.6.APE

G 1.7 Manipulative: _Shooting on goal_ PE19.7.1.G

7 Shoot on a goal with accuracy and power in a dynamic environment as appropriate to the activity. PE19.7.1.7

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.7.1.7.APE

H 1.8 Manipulative Skills: _Defensive skills_ PE19.7.1.H

8 Differentiate among various defensive strategies utilized in a variety of sports. PE19.7.1.8

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.7.1.8.APE

I 1.9 Manipulative Skills: _Serving_ PE19.7.1.I

9 Execute a legal serve to a predetermined target for net and wall games. PE19.7.1.9

APE ___APE accommodation suggestions:___ Use larger ball, smaller or shorter net, bigger target. Hand over hand assistance and modeling. PE19.7.1.9.APE

J 1.10 Manipulative Skills: _Striking_ PE19.7.1.J

10 Strike with proper form in a dynamic environment for a variety of games. PE19.7.1.10

APE ___APE accommodation suggestions:___ Use longer or shorter implements for student success in controlling the implement. PE19.7.1.10.APE

K 1.11 Manipulative Skills: _Volley_ PE19.7.1.K

11 Forehand- and backhand-volley with a mature form and control using a short- or long-handled implement. PE19.7.1.11

APE ___APE accommodation suggestions:___ Use a balloon or beach ball. PE19.7.1.11.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to mo

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A 2.1 Movement Concepts: _Rules_ PE19.7.2.A

1 Use the rules and regulations of a variety of activities and demonstrate a basic knowledge regarding techniques and strategies related to those activities. PE19.7.2.1

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.7.2.1.APE

.2 Movement Concepts: _Sporting behavior_ PE19.7.2.B

2 Demonstrate appropriate sporting behavior and etiquette related to a variety of games and activities. PE19.7.2.2

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.7.2.2.APE

C 2.3 Movement Concepts: _Safety_ PE19.7.2.C

3 Demonstrate appropriate safety behaviors related to a variety of games and activities. PE19.7.2.3

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.7.2.3.APE

D 2.4 Movement Concepts: _Creating space_ PE19.7.2.D

4 Execute a variety of offensive and defensive tactics to create open space. PE19.7.2.4

APE ___APE accommodation suggestions:___ hand over hand; hand to hand; verbal prompting; directional poly spots PE19.7.2.4.APE

E 2.5 Movement Concepts: _Transitions_ PE19.7.2.E

5 Utilize communication when transitioning from offense to defense or defense to offense. PE19.7.2.5

APE ___APE accommodation suggestions:___ hand over hand; hand to hand; verbal prompting; directional poly spots PE19.7.2.5.APE

F 2.6 Movement Concepts: _Offensive strategies_ PE19.7.2.F

6 Demonstrate the skills or strategies necessary to score under pressure. PE19.7.2.6

APE ___APE accommodation suggestions:___ hand over hand; hand to hand; verbal prompting; directional poly spots PE19.7.2.6.APE

G 2.7 Movement Concepts: _Defensive strategies_ PE19.7.2.G

7 Demonstrate the skills or strategies necessary to prevent the opponent from scoring. PE19.7.2.7

APE ___APE accommodation suggestions:___ hand over hand; hand to hand; verbal prompting; directional poly spots PE19.7.2.7.APE

H 2.8 Movement Concepts: _Speed, direction, force_ PE19.7.2.H

8 Describe and apply mechanical advantage(s) for a variety of movement patterns. PE19.7.2.8

APE ___APE accommodation suggestions:___ hand over hand; hand to hand; verbal prompting; directional poly spots PE19.7.2.8.APE

.1 Physical Activity and Fitness: _Physical activity knowledge_ PE19.7.3.A

Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.7.3

1 Analyze and critique the impact of maintaining a physically active lifestyle and seek solutions for eliminating the barriers. PE19.7.3.1

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.1.APE

B 3.2 Physical Activity and Fitness: _In classroom setting_ PE19.7.3.B

2 Compare and contrast a variety of moderate and vigorous activities. PE19.7.3.2

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.2.APE

C 3.3 Physical Activity and Fitness: _In non-school settings_ PE19.7.3.C

3 Compare and contrast a variety of self-selected activities for participation outside of class time. PE19.7.3.3

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.3.APE

D 3.4 Physical Activity and Fitness: _Incorporating technology_ PE19.7.3.D

4 Utilize available technology to enhance physical activity. PE19.7.3.4

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.4.APE

E 3.5 Physical Activity and Fitness: _Fitness knowledge_ PE19.7.3.E

5 Compare and contrast health-related and skill-related fitness activities. PE19.7.3.5

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.5.APE

F 3.6 Physical Activity and Fitness: _Fitness knowledge_ PE19.7.3.F

6 Analyze one's current physical activity and adjust as needed for optimal functioning. PE19.7.3.6

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.6.APE

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3.7 Physical Activity and Fitness: _Engagement in physical activity_ PE19.7.3.G

7 Employ a variety of appropriate dynamic and static stretching techniques engaging all major muscle groups. PE19.7.3.7

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.7.APE

H 3.8 Physical Activity and Fitness: _Fitness knowledge_ PE19.7.3.H

8 Apply FITT formula to components of health-related and skill-related fitness, using the overload principle. PE19.7.3.8

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.8.APE

I 3.9 Physical Activity and Fitness: _Fitness knowledge_ PE19.7.3.I

9 Explain how the Rate of Perceived Exertion (RPE) scale can be used to determine the perception of the work effort or intensity of exercise. PE19.7.3.9

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.9.APE

J 3.10 Physical Activity and Fitness: _Fitness knowledge_ PE19.7.3.J

10 Identify specific exercises to strengthen major muscles. PE19.7.3.10

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.10.APE

K 3.11 Physical Activity and Fitness: _Assessment and program planning_ PE19.7.3.K

11 Compare and contrast the various methods of tracking fitness and nutrition. PE19.7.3.11

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.7.3.11.APE

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual demonstrates responsible personal and social behavior that

A 4.1 Personal and Social Behavior: _Personal responsibility_ PE19.7.4.A

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respects self and others._ PE19.7.4

1 Apply responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. PE19.7.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting; peer assistance to model proper personal and social behaviors PE19.7.4.1.APE

B 4.2 Personal and Social Behavior: _Personal responsibility_ PE19.7.4.B

2 Demonstrate intrinsic and extrinsic motivation by contributing to the positive classroom environment. PE19.7.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.7.4.2.APE

C 4.3 Personal and Social Behavior: _Accepting feedback_ PE19.7.4.C

3 Construct specific feedback to a peer, using teacher-generated guidelines for a particular activity. PE19.7.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.7.4.3.APE

D 4.4 Personal and Social Behavior: _Working with others_ PE19.7.4.D

4 Demonstrate cooperation skills by establishing rules and guidelines for resolving conflicts. PE19.7.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.7.4.4.APE

E 4.5 Personal and Social Behavior: _Working with others_ PE19.7.4.E

5 Problem-solve with a small group of classmates during a variety of activities and game play. PE19.7.4.5

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.7.4.5.APE

F 4.6 Personal and Social Behavior: _Rules and etiquette_ PE19.7.4.F

6 Demonstrate knowledge of rules and etiquette for a variety of physical activities, fitness exercises, and games. PE19.7.4.6

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.7.4.6.APE

G 4.7 Personal and Social Behavior: _Safety_ PE19.7.4.G

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7 Independently use equipment appropriately and safely. PE19.7.4.7

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.7.4.7.APE

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.7.5

A 5.1 Values Physical Activity: _Health_ PE19.7.5.A

1 Classify different types of physical activities and describe how each exerts a positive effect on mental, emotional, and physical health. PE19.7.5.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.7.5.1.APE

B 5.2 Values Physical Activity: _Challenge_ PE19.7.5.B

2 Formulate positive strategies when faced with a group challenge. PE19.7.5.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.7.5.2.APE

C 5.3 Values Physical Activity: _Self-expression & enjoyment_ PE19.7.5.C

3 Assess the relationship between self-expression and lifelong enjoyment through physical activity. PE19.7.5.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.7.5.3.APE

D 5.4 Values Physical Activity: _Social interaction_ PE19.7.5.D

4 Demonstrate appropriate social interaction during activities and games. PE19.7.5.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.7.5.4.APE