California Physical Education

Grade 7

Adopted 2005

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities. 1

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. 1.1

Rhythmic Skills

1.2 Perform multicultural dances. 1.2

Combinations of Movement Patterns and Skills

1.3 Combine manipulative, locomotor, and nonlocomotor skills into movement patterns. 1.3

1.4 Demonstrate body management and object-manipulation skills needed for successful participation in individual and dual physical activities. 1.4

1.5 Demonstrate body management and locomotor skills needed for successful participation in track and field and combative activities. 1.5

1.6 Demonstrate body management and object-manipulation skills needed for successful participation in introductory adventure/outdoor activities. 1.6

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities. 2

Movement Concepts

2.2 Analyze movement patterns and correct errors. 2.2

2.3 Use principles of motor learning to establish, monitor, and meet goals for motor skill development. 2.3

2.4 Explain and demonstrate spin and rebound principles for performing manipulative skills. 2.4

2.5 Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts. 2.5

2.6 Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities. 2.6

Manipulative Skills

Combination of Movement Patterns and Skills

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. 2.7

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Students assess and maintain a level of physical fitness to improve health and performance. 3

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.** 3.1

3.2 **Evaluate individual measures of physical fitness in relationship to patterns of physical activity.** 3.2

3.3 **Develop individual goals, from research-based standards, for each of the five components of health-related physical fitness.** 3.3

3.4 **Plan a weekly personal physical fitness program in collaboration with the teacher.** 3.4

3.5 **Participate in moderate to vigorous physical activity a minimum of four days each week.** 3.5

3.6 **Assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program.** 3.6

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance. 4

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.** 4.1

4.2 **Identify physical activities that are effective in improving each of the health-related physical fitness components.** 4.2

4.3 **Match personal preferences in physical activities with each of the five components of health-related physical fitness.** 4.3

4.4 **Explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest.** 4.4

4.5 **Describe the role of physical activity and nutrition in achieving physical fitness.** 4.5

4.6 **Identify and apply the principles of overload in safe, age-appropriate activities.** 4.6

4.7 **Explain progression, overload, and specificity as principles of exercise.** 4.7

4.8 **Discuss the effect of extremity growth rates on physical fitness.** 4.8

Students demonstrate and utilize knowledge of psychological and sociological concepts pri str the learning and

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Self-Responsibility

5.1 Identify appropriate and inappropriate risks involved in adventure, individual, and dual physical activities. 5.1

2 Accept responsibility for individual improvement. 5.2

Social Interaction

performance of physical activity. 5

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

Group Dynamics

5.4 Evaluate the effect of expressing encouragement to others while participating in a group physical activity. 5.4

5.5 Identify the responsibilities of a leader in physical activity. 5.5

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. 2.1