

# Grade 7

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities [PE.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. [PE.1.1](#)
- 2 Perform multicultural dances. [PE.1.2](#)
- 3 Combine manipulative, locomotor, and nonlocomotor skills into movement patterns [PE.1.3](#)
- 4 Demonstrate body management and object-manipulation skills needed for successful participation in individual and dual physical activities. [PE.1.4](#)
- 5 Demonstrate body management and locomotor skills needed for successful participation in track and field and combative activities. [PE.1.5](#)
- 6 Demonstrate body management and object-manipulation skills needed for successful participation in introductory adventure/outdoor activities. [PE.1.6](#)

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities. [PE.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. [PE.2.1](#)
- 2 Analyze movement patterns and correct errors. [PE.2.2](#)
- 3 Use principles of motor learning to establish, monitor, and meet goals for motor skill development. [PE.2.3](#)
- 4 Explain and demonstrate spin and rebound principles for performing manipulative skills [PE.2.4](#)
- 5 Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts. [PE.2.5](#)
- 6 Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities. [PE.2.6](#)
- 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. [PE.2.7](#)

Students assess and maintain a level of physical fitness to improve health and performance. PE.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. PE.3.1
- 2 Evaluate individual measures of physical fitness in relationship to patterns of physical activity. PE.3.2
- 3 Develop individual goals, from research-based standards, for each of the five components of health-related physical fitness. PE.3.3
- 4 Plan a weekly personal physical fitness program in collaboration with the teacher. PE.3.4
- 5 Participate in moderate to vigorous physical activity a minimum of four days each week. PE.3.5
- 6 Assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program. PE.3.6

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance. PE.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. PE.4.1
- 2 Identify physical activities that are effective in improving each of the health-related physical fitness components. PE.4.2
- 3 Match personal preferences in physical activities with each of the five components of health-related physical fitness. PE.4.3
- 4 Explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest. PE.4.4
- 5 Describe the role of physical activity and nutrition in achieving physical fitness PE.4.5
- 6 Identify and apply the principles of overload in safe, age-appropriate activities. PE.4.6
- 7 Explain progression, overload, and specificity as principles of exercise. PE.4.7
- 8 Discuss the effect of extremity growth rates on physical fitness. PE.4.7

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and

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

**performance of physical activity.** PE.5

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

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

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**5 Identify the responsibilities of a leader in physical activity** PE.5.5