California Physical Education

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
Sti Skip to main content **ma...**	**...ssess one's own muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition by using a scientifically based health-related fitness**

physical fitness to improve health and performance. PE.3	**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 pe act	**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
	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

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