Colorado Physical Education

Grade 7

Movement Competence and Understanding 7.1

1 **Combine the critical elements of movement and skills concepts.** 7.1.1

- a Design and perform movement sequences that combine traveling, balancing, and weight transfer into smooth, flowing sequences with changes in direction, speed, and flow. 7.1.1.A
- b Cooperate with another student to create, develop, and refine movement routines based on a theme. 7.1.1.B
- c Create a game, movement, dance, or sport with a group. 7.1.1.C
- d Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing, catching; kicking and punting; striking; trapping; dribbling (hand and foot); and volleying. 7.1.1.D
- e Analyze movement patterns, and correct errors. 7.1.1.E
- f Use principles from motor learning to establish, monitor, and meet goals for motor skill development. 7.1.1.F
- g Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts. 7.1.1.G

2 **Demonstrate beginning offensive and defensive strategies for individual and team physical activities and sports.** 7.1.2

- a Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities. 7.1.2.A
- b 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. 7.1.2.B
- c Reduce open space by using locomotor movements in combination with movement concepts. 7.1.2.C
- d Reduce open space on defense by staying close to the opponent as he/she nears the goal. 7.1.2.D
- e Use a variety of passes, pivots and fakes; give and go to create open space. 7.1.2.E
- f Select an effective defensive play based on the situation. 7.1.2.F
- g Transition from offense to defense or defense to offense quickly. 7.1.2.G
- h Create open space in net or wall games by varying force and directions and by moving opponent from side to side. 7.1.2.H

Select an offensive shot based on an opponent's location. 7.1.2.I

Skip to main content

Physical and Personal Wellness 7.2

1 **Understand and apply principles of physical fitness to create a personal fitness plan and set personal physical fitness goals.** 7.2.1

- a Explain the principles of physical fitness (S.P.O.R.T.); Specificity, progression, overload, reversibility, and tedium. 7.2.1.A
- b Incorporate the F.I.T.T. Principle into a fitness plan. 7.2.1.B
- c Create an individual physical activity portfolio. 7.2.1.C
- d Identify elements that comprise an age-appropriate fitness plan, according to an individual's age, level of fitness and goals. 7.2.1.D
- e Identify and incorporate self-selected activities that are enjoyable into one's personal fitness plan. 7.2.1.E

2 **Demonstrates fitness knowledge and skills that maintain a health-enhancing lifestyle, while actively engaging in the participation of lifetime physical activities.** 7.2.2

- a Maintain involvement in a physical activity, twice a week, outside physical education class. 7.2.2.A
- b Engage in a variety of strength and endurance fitness activities. 7.2.2.B
- c Participate in a variety of lifetime dual and individual sports, martial arts, or aquatic activities. 7.2.2.C
- d Identify moderate to vigorous muscle and bone strengthening physical activities. 7.2.2.D
- e Develop and describe short-term and long-term fitness goals as they relate to improving health-related or skill-related components. 7.2.2.E
- f Design a warm-up and cool-down regime for a self-selected physical activity. 7.2.2.F

Social Emotional Wellness 7.3

1 **Demonstrate inclusiveness in and out of classroom settings.** 7.3.1

- a Seek out participation with, and show respect for, a peer with varying skill ability in a variety of physical activities. 7.3.1.A
- b Participate in group cooperation games and adventure activities to encourage team-building and fun. 7.3.1.B
- c Make suggestions to the instructor on how to modify a game to allow all members with varying skill abilities to participate. 7.3.1.C
- d Recognize the role of physical activity in getting to know and understand others of similar and different backgrounds. 7.3.1.D

Prevention and Risk Management 7.4

1 **Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.** 7.4.1

- a Describe proper warm-up and cool-down procedures for a chosen activity (e.g., create a report, bulletin board, or poster). 7.4.1.A
- b Identify proper warm-up and cool-down techniques. 7.4.1.B

Skip to main content

c Explain that warm-up and cool-down activities prepare the body for physical activity and help to prevent injuries. 7.4.1.C

d Identify safety rules for the activity and area being used. 7.4.1.D

e Independently use physical activity and exercise equipment appropriately and safely. 7.4.1.E