Connecticut Physical Education

Grade 7

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Dance and Rhythms

S1.M1 Dance and Rhythms S1.M1

S1.M1.7 Demonstrates correct rhythm and pattern for a dance form, different than grade 6, from among folk, social, creative, line and world dance. S1.M1.7

Games and Sports: Invasion and Field Games

S1.M2 Throwing S1.M2

S1.M2.7 Demonstrates the ability to throw with a mature pattern for distance or power appropriate to the activity during modified game play. S1.M2.7

S1.M3 Catching S1.M3

S1.M3.7 Demonstrates the ability to catch with a mature pattern from a variety of trajectories using different objects in modified game play. S1.M3.7

Games and Sport: Invasion Games

S1.M4 Passing and Receiving S1.M4

S1.M4.7a Demonstrates the ability to kick a leading pass to a moving receiver, while stationary. S1.M4.7A

S1.M4.7b Demonstrates the ability to kick, while moving, a leading pass to a moving receiver. S1.M4.7B

S1.M4.7c Demonstrates the ability to pass and receive with feet in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as speedball or soccer. S1.M4.7C

S1.M4.7d Demonstrates the ability to kick a lead pass to a moving partner off a dribble or pass. S1.M4.7D

S1.M5 Offensive Skills S1.M5

S1.M5.7a Demonstrates at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. S1.M5.7A

S1.M5.7b Demonstrates the following offensive skills with defensive pressure: pivot, give and go, and fakes. S1.M5.7B

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S1.M6 Dribbling/Ball Control S1.M6

S1.M6.7a Demonstrates the ability to dribble with feet with control, changing speed and direction in a variety of practice tasks. S1.M6.7A

S1.M6.7b Demonstrates the ability to dribble with feet combined with passing in a variety of modified game play. S1.M6.7B

S1.M7 Shooting on Goal S1.M7

S1.M7.7 Demonstrates the ability to shoot on goal with power and accuracy in small-sided game play. S1.M7.7

S1.M8 Defensive Skills S1.M8

S1.M8.7 Demonstrates the ability to slide in all directions while on defense without crossing feet. S1.M8.7

Games and Sports: Net/Wall Games

S1.M9 Serving S1.M9

S1.M9.7 Demonstrates consistently (at least 70 percent of the time) a legal underhand serve to a predetermined target for net and wall games such as badminton, volleyball or pickleball. S1.M9.7

S1.M10 Striking S1.M10

S1.M10.7 Demonstrates the ability to strike with a mature overhand pattern in a dynamic environment for net/ wall games such as volleyball, handball, badminton, or tennis. S1.M10.7

S1.M11 Weight Transfer S1.M11

S1.M11.7 Demonstrates the ability to transfer weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side. S1.M11.7

S1.M12 Forehand and Backhand S1.M12

S1.M12.7 Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis. S1.M12.7

S1.M13 Volleying S1.M13

S1.M13.7a Demonstrates the two-hand volleys with control in a dynamic environment. S1.M13.7A

S1.M13.7b Demonstrates the ability to forehand and backhand-volley with a mature form and control using a short-handled implement. S1.M13.7B

Games and Sports: Target Games

S1.M14 Throwing Underhand S1.M14

S1.M14.7 Demonstrates consistently (70 percent of the time) a mature underhand pattern for target games such as bowling, bocce, or horseshoes. S1.M14.7

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S1.M15 Striking S1.M15

S1.M15.7 Demonstrates the ability to strike a stationary object with an implement, for accuracy and distance in activities such as croquet, shuffleboard, and golf. S1.M15.7

Games and Sports: Fielding/Striking Games

S1.M16 Striking S1.M16

S1.M16.7 Demonstrates the ability to strike a pitched ball with an implement to open space in a variety of practice tasks. S1.M16.7

S1.M17 Catching S1.M17

S1.M17.7 Demonstrates the ability to catch, with a mature pattern, from different trajectories using a variety of objects in small-sided game play. S1.M17.7

Outdoor Activities

S1.M18 Outdoor Activities S1.M18

S1.M18.7 Demonstrates correct technique for a variety of skills in one selected outdoor activity. S1.M18.7

Individual Performance Activities

S1.M19 Individual Performance Activities S1.M19

S1.M19.7 Demonstrates correct technique for a variety of skills in one selected individual-performance activity. S1.M19.7

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Games and Sports: Invasion Games

S2.M1 Creating Space with Movement, Offensive Tactics, using Width and Length S2.M1

S2.M1.7a Reduces open space by using locomotor movements (e.g., walking, running, jumping, and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal). S2.M1.7A

S2.M1.7b Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots, and fakes; give and go. S2.M1.7B

S2.M1.7c Creates open space by staying spread on offense and cutting and passing quickly. S2.M1.7C

S2.M2 Reducing Space by Changing Size and Shape and Using Denial S2.M2

S2.M2.7a Reduces open space on defense by staying close to the opponent as he/ she nears the goal. S2.M2.7A

S2.M2.7b Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection. S2.M2.7B

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S2.M3 Transitions S2.M3

S2.M3.7 Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. S2.M3.7

Games and Sports: Net/Wall Games

S2.M4 Creating Space through Variation S2.M4

S2.M4.7 Creates open space in net/wall games with a long-handled implement by varying force and direction, and by moving opponent from side to side. S2.M4.7

S2.M5 Using Tactics and Shots S2.M5

S2.M5.7 Selects offensive shot based on opponent's location (hit where opponent is not). S2.M5.7

Games and Sports: Target Games

S2.M6 Shot Selection S2.M6

S2.M6.7 Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. S2.M6.7

Games and Sports: Fielding and Striking

S2.M7 Offensive Strategies S2.M7

S2.M7.7 Uses a variety of shots (e.g., line drive high arc) to hit the ball into open space. S2.M7.7

S2.M8 Reducing Space S2.M8

S2.M8.7 Selects the correct defensive play based on the situation (e.g., number of outs). S2.M8.7

Outdoor Activities

S2.M9 Movement Concepts S2.M9

S2.M9.7 Analyzes the situation and makes appropriate adjustment to ensure the safety of self and others. S2.M9.7

Individual Performance Activities: Dance and Rhythms

S2.M10 Movement Concepts S2.M10

S2.M10.7 Identifies and applies Newton's laws of motion to various dance or movement activities. S2.M10.7

Students will demonstrate the knowledge and skills to achieve and maintain a he of fitn

Physical Activity Knowledge

S3.M1 Physical activity knowledge S3.M1

S3.M1.7 Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. S3.M1.7

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articipates in Physical Activity

S3.M2 Participates in Physical Activity S3.M2

S3.M2.7a Participates in a physical activity two times a week outside of physical education class. S3.M2.7A

S3.M2.7b Participates in a variety of strength and endurance-fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training. S3.M2.7B

S3.M2.7c Participates in a variety of strength and endurance-fitness activities such as weight or resistance training. S3.M2.7C

S3.M2.7d Participates in a variety of lifetime dual and individual sports, martial arts, or aquatic activities. S3.M2.7D

S3.M2.7e Participates in moderate to vigorous muscle- and bone-strengthening physical activity at least three times a week. S3.M2.7E

Fitness Knowledge

S3.M3 Fitness knowledge S3.M3

S3.M3.7a Distinguishes between health-related and skill-related fitness. S3.M3.7A

S3.M3.7b Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. S3.M3.7B

S3.M3.7c Describes and demonstrates the difference between dynamic and static stretches. S3.M3.7C

S3.M3.7d Describes the role of exercise and nutrition in weight management. S3.M3.7D

S3.M3.7e Describes overload principle (FITT formula) for different types of physical activity. Identifies training principles on which the formula is based and how the formula and principles affect fitness. S3.M3.7E

S3.M3.7f Designs a warm-up and cool-down regimen for a self-selected physical activity. S3.M3.7F

S3.M4.7g Describes how the RPE scale can be used to determine the perception of the work effort or intensity of exercise. S3.M4.7G

S3.M3.7h Describes how muscles pull on bones to create movement in pairs by relaxing and contracting. S3.M3.7H

Assessment and Program Planning

S3.M4 Assessment and Program Planning S3.M4

S3.M4.7a Designs and implements a program of remediation for two areas of weakness based on the results of health-related fitness assessment. S3.M4.7A

S3.M4.7b Maintains a physical activity and nutrition log for at least two weeks and reflects on activity levels and nutrition as documented in the log. S3.M4.7B

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Nutrition

S3.M5 Nutrition S3.M5

S3.M5.7 Demonstrates the ability to develop strategies for balancing healthy food, snacks, and water intake, along with daily physical activity. S3.M5.7

Stress Management

S3.M6 Stress Management S3.M6

S3.M6.7 Practices strategies for dealing with stress, such as deep breathing, guided visualization, and aerobic exercise. S3.M6.7

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.M1 Personal Responsibility S4.M1

S4.M1.7a Demonstrates the ability to exhibit responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. S4.M1.7A

S4.M1.7b Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class. S4.M1.7B

Accepting Feedback

S4.M2 Accepting Feedback S4.M2

S4.M2.7 Demonstrates the ability to provide corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills. S4.M2.7

Working with Others

S4.M3 Rules and Etiquette S4.M3

S4.M3.7a Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. S4.M3.7A

S4.M3.7b Demonstrates the ability to problem-solve with a small group of classmates during adventure activities, small-group initiatives or game play. S4.M3.7B

Rules and Etiquette

S4.M4 Rules and Etiquette S4.M4

S4.M4.7 Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance. S4.M4.7

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S4.M5 Safety S4.M5

S4.M5.7 Demonstrates the ability to independently uses equipment appropriately and safely. S4.M5.7

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.M1 Health S5.M1

S5.M1.7a Demonstrates the ability to identify different types of physical activities and describe how each exerts a positive effect on health. S5.M1.7A

S5.M1.7b Demonstrates the ability to identify positive mental and emotional aspects of participating in a variety of physical activities. S5.M1.7B

Challenge

S5.M2 Challenge S5.M2

S5.M2.7 Demonstrates the ability to generate positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge. S5.M2.7

Self-Expression and Enjoyment

S5.M3 Self-Expression and Enjoyment S5.M3

S5.M3.7a Demonstrates the ability to identify why self-selected physical activities create enjoyment. S5.M3.7A

S5.M3.7b Demonstrates the ability to explain the relationship between self-expression and lifelong enjoyment through physical activity. S5.M3.7B

Social Interaction

S5.M4 Social Interaction S5.M4

S5.M4.7 Demonstrates the importance of social interaction by helping and encouraging others, using positive talk, and providing support to classmates. S5.M4.7