

Florida Physical Education

Grade 7

Adopted 2013

Movement Competency

1 Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.

1. Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills. [PE.7.M.1.1](#)
2. Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities. [PE.7.M.1.2](#)
3. Demonstrate appropriate relationships between the body and an opponent in dynamic game situations. [PE.7.M.1.3](#)
4. Demonstrate introductory outdoor pursuits skills. [PE.7.M.1.4](#)
5. Perform aquatics activities to improve or maintain health-related fitness. [PE.7.M.1.5](#)
6. Demonstrate the critical elements in specialized skills related to a variety of team sports or outdoor pursuits activities. [PE.7.M.1.6](#)
7. Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities. [PE.7.M.1.7](#)
8. Apply technology to evaluate, monitor and improve individual skill performance. [PE.7.M.1.8](#)
9. Demonstrate principles of biomechanics necessary for safe and successful performance. [PE.7.M.1.9](#)

Access Point for Students with Significant Cognitive Disabilities

Independent

- a. Participate in a modified version of team sports demonstrating a combination of manipulative skills, such as throwing, catching, kicking, punting, trapping, dribbling, volleying and striking. [PE.7.M.1.IN.A](#)
- b. Use basic offensive and defensive strategies while playing a modified version of a variety of selected sports and activities. [PE.7.M.1.IN.B](#)
- c. Demonstrate appropriate relationships between the body and an opponent in simulated parts of game situations, such as staying between opponent and goal and moving between opponent and the ball. [PE.7.M.1.IN.C](#)
- d. Perform introductory skills in outdoor pursuits, such as archery, backpacking, orienteering, hiking, canoeing, fishing or ropes courses. [PE.7.M.1.IN.D](#)
- e. Participate in aquatics activities to improve or maintain health-related fitness, such as water aerobics, water polo or survival swimming. [PE.7.M.1.IN.E](#)
- f. Perform selected critical elements in specialized skills related to sports or outdoor pursuit activities, such as overhand throw for distance/force, bumping a volleyball, steering a canoe, batting or correct stance in archery. [PE.7.M.1.IN.F](#)
- g. Use selected equipment and appropriate safety procedures for participation in a variety of sports or activities. [PE.7.M.1.IN.G](#)

- h.** Apply technology to develop, monitor and improve individual basic skill performance, such as videotaping. **PE.7.M.1.IN.H**
- i.** Demonstrate more than one principle of bio-mechanics necessary for safe and successful performance in a variety of activities. **PE.7.M.1.IN.I**

Supported

- a.** Participate in a modified version of team sports using basic manipulative skills, such as throwing, catching, kicking, punting, trapping, dribbling, volleying and striking. **PE.7.M.1.SU.A**
- b.** Use basic offensive and defensive strategies while playing a modified version of a sport and activity. **PE.7.M.1.SU.B**
- c.** Use appropriate relationships between the body and an opponent in simulated game situations, such as staying between opponent and goal and moving between opponent and the ball. **PE.7.M.1.SU.C**
- d.** Imitate introductory skills in outdoor pursuits, such as archery, backpacking, orienteering, hiking, canoeing, fishing or ropes courses. **PE.7.M.1.SU.D**
- e.** Participate in modified aquatics activities to improve or maintain health-related fitness. **PE.7.M.1.SU.E**
- f.** Perform guided critical elements in specialized skills related to sports or outdoor pursuit activities. **PE.7.M.1.SU.F**
- g.** Use selected equipment and appropriate safety procedures for participation in a variety of modified sports or activities. **PE.7.M.1.SU.G**
- h.** Apply technology to monitor and improve individual basic skill performance, such as videotaping. **PE.7.M.1.SU.H**
- a.** Use basic motor skills for a variety of modified individual/dual and extreme/alternative sports. **PE.8.M.1.SU.A**

Participatory

- a.** Participate in a modified version of team sports using guided manipulative skills. **PE.7.M.1.PA.A**
- b.** Use guided offensive and defensive movements while playing a modified version of a sport or activity. **PE.7.M.1.PA.B**
- c.** Imitate appropriate relationships between the body and an opponent in guided and simulated game situations, such as staying between opponent and goal and moving between opponent and the ball. **PE.7.M.1.PA.C**
- d.** Perform guided introductory skills in modified outdoor pursuits, such as archery, backpacking, orienteering, hiking, canoeing, fishing or ropes courses. **PE.7.M.1.PA.D**
- e.** Participate in guided modified aquatics activities to improve or maintain health-related fitness. **PE.7.M.1.PA.E**
- f.** Perform guided skills related to modified sports or outdoor pursuit activities. **PE.7.M.1.PA.F**

- g.** Use selected equipment and appropriate safety procedures for participation in a variety of guided sports or activities. **PE.7.M.1.PA.G**
 - h.** Apply technology to improve individual skill performance, such as videotaping. **PE.7.M.1.PA.H**
 - i.** Perform safe and successful movements in activities. **PE.7.M.1.PA.I**
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Cognitive Abilities

2 Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.

1. Identify the basic rules for team sports. [PE.7.C.2.1](#)
2. Identify the basic rules for outdoor pursuits/aquatics. [PE.7.C.2.2](#)
3. Explain basic offensive and defensive strategies in modified games or activities and team sports. [PE.7.C.2.3](#)
4. Explain basic offensive and defensive strategies in modified games or activities and outdoor pursuits/aquatics. [PE.7.C.2.4](#)
5. Identify and explain different types of safety equipment and practices relating to water activities. [PE.7.C.2.5](#)
6. Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors. [PE.7.C.2.6](#)
7. Identify the critical elements for successful performance of a variety of sport skills. [PE.7.C.2.7](#)
8. List specific safety procedures and equipment necessary for a variety of sport skills and physical activities. [PE.7.C.2.8](#)
9. Describe how movement skills learned in one physical activity can be transferred and used in other physical activities. [PE.7.C.2.9](#)

Access Point for Students with Significant Cognitive Disabilities

Independent

- a. Recognize basic rules for team sports, such as setting up to start, consequences for violating rules and keeping accurate score. [PE.7.C.2.IN.A](#)
- b. Recognize basic rules for outdoor pursuits/aquatics. [PE.7.C.2.IN.B](#)
- c. Describe basic offensive and defensive strategies in modified games and activities and team sports. [PE.7.C.2.IN.C](#)
- d. Identify basic offensive and defensive strategies in modified games or activities and outdoor pursuits/aquatics. [PE.7.C.2.IN.D](#)
- e. Identify different types of safety equipment and practice relating to water activities. [PE.7.C.2.IN.E](#)
- f. Use feedback on skill patterns of self and partner to detect and correct mechanical errors. [PE.7.C.2.IN.F](#)
- g. Recognize the critical elements for successful performance of a variety of sport skills. [PE.7.C.2.IN.G](#)
- h. Identify specific safety procedures and equipment necessary for a variety of sports and physical activities. [PE.7.C.2.IN.H](#)
- i. Identify movement skills used in different physical activities, such as slow-pitch softball and volleyball underhand serve. [PE.7.C.2.IN.I](#)

Supported

- a. Recognize basic rules for selected team sports, such as setting up to start, consequences for violating rules and keeping accurate score. PE.7.C.2.SU.A
- b. Recognize basic rules for selected outdoor pursuits/aquatics. PE.7.C.2.SU.B
- c. Identify basic offensive and defensive strategies in modified games and activities and team sports. PE.7.C.2.SU.C
- d. Recognize basic offensive and defensive strategies in modified games, activities or outdoor pursuits/aquatics. PE.7.C.2.SU.D
- e. Recognize different types of safety equipment relating to water activities. PE.7.C.2.SU.E
- f. Use feedback on skill patterns of self or partner to correct mechanical errors. PE.7.C.2.SU.F
- g. Recognize selected critical elements for successful performance of a variety of sport skills. PE.7.C.2.SU.G
- h. Recognize specific safety procedures and equipment necessary for a variety of sports and physical activities. PE.7.C.2.SU.H
- i. Recognize movement skills used in different physical activities, such as slow-pitch softball and volleyball underhand serve. PE.7.C.2.SU.I

Participatory

- a. Recognize a basic rule for selected team sports. PE.7.C.2.PA.A
 - b. Recognize a selected rule for outdoor pursuit/aquatics. PE.7.C.2.PA.B
 - c. Recognize basic offensive and defensive tactics in modified games and activities and team sports. PE.7.C.2.PA.C
 - d. Recognize a basic offensive and defensive strategy in a modified game, activity or outdoor pursuits/aquatics. PE.7.C.2.PA.D
 - e. Recognize a type of safety equipment relating to water activities. PE.7.C.2.PA.E
 - f. Use feedback to correct mechanical errors. PE.7.C.2.PA.F
 - g. Associate selected critical elements with successful performance of a sport skill. PE.7.C.2.PA.G
 - h. Recognize a specific safety procedure and equipment necessary for a sport or physical activity. PE.7.C.2.PA.H
 - i. Recognize a movement skill used in physical activities, such as slow-pitch softball or volleyball underhand serve. PE.7.C.2.PA.I
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Lifetime Fitness

3 Participate regularly in physical activity.

1. Participate in moderate physical activity on a daily basis. [PE.7.L.3.1](#)
2. Participate in vigorous physical activity on a daily basis. [PE.7.L.3.2](#)
3. Participate in a variety of team sports, outdoor pursuits and aquatics activities that promote health-related physical fitness. [PE.7.L.3.3](#)
4. Identify the in-school opportunities for participation in team sports, outdoor pursuits and aquatics activities. [PE.7.L.3.4](#)
5. Identify the community opportunities that promote team sports, outdoor pursuits and aquatics activities. [PE.7.L.3.5](#)
6. Identify a variety of team sports, outdoor pursuits and aquatics activities that promote stress management. [PE.7.L.3.6](#)

Access Point for Students with Significant Cognitive Disabilities

Independent

- a. Participate in a selected moderate physical activity on a daily basis. [PE.7.L.3.IN.A](#)
- b. Participate in a healthy level of physical activity on a daily basis. [PE.7.L.3.IN.B](#)
- c. Participate in a variety of basic team sports, outdoor pursuits or aquatics activities that promote cardio-respiratory endurance, physical conditioning, flexibility and body composition. [PE.7.L.3.IN.C](#)
- d. Recognize the in-school opportunities for participation in team sports, outdoor pursuits and aquatics. [PE.7.L.3.IN.D](#)
- e. Recognize selected community opportunities that promote fitness and wellness. [PE.7.L.3.IN.E](#)
- f. Recognize a variety of basic team sports, outdoor pursuits and aquatics activities that promote effective stress management. [PE.7.L.3.IN.F](#)

Supported

- a. Participate in moderate modified physical activity on a daily basis. [PE.7.L.3.SU.A](#)
- b. Participate in a healthy level of modified physical activity on a daily basis. [PE.7.L.3.SU.B](#)
- c. Participate in a variety of selected basic team sports, outdoor pursuits or aquatics activities that promote cardio-respiratory endurance, physical conditioning, flexibility and body composition. [PE.7.L.3.SU.C](#)
- d. Recognize selected in-school opportunities for participation in team sports, outdoor pursuits and aquatics. [PE.7.L.3.SU.D](#)
- e. Recognize selected community opportunities that promote fitness and wellness. [PE.7.L.3.SU.E](#)
- f. Recognize a variety of selected basic team sports, outdoor pursuits and aquatics activities that promote effective stress management. [PE.7.L.3.SU.F](#)

Participatory

- a. Participate in modified physical activity on a daily basis. PE.7.L.3.PA.A
- b. Participate in healthy level of guided physical activity on a daily basis. PE.7.L.3.PA.B
- c. Participate in a variety of selected, modified team sports, outdoor pursuits or aquatics activities that promote cardio-respiratory endurance, physical conditioning, flexibility and body composition. PE.7.L.3.PA.C
- d. Recognize a school opportunity for participation in team sports, outdoor pursuits or aquatics. PE.7.L.3.PA.D
- e. Recognize a selected community opportunity that promotes fitness and wellness. PE.7.L.3.PA.E
- f. Recognize a variety of modified team sports, outdoor pursuits and aquatics activities that promote effective stress management. PE.7.L.3.PA.F

4 Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.

1. Create, implement and assess a personal fitness program in collaboration with a teacher. **PE.7.L.4.1**
2. Develop goals and strategies for a personal physical fitness program. **PE.7.L.4.2**
3. Use available technology to assess, design and evaluate a personal physical-activity plan. **PE.7.L.4.3**
4. Develop a personal fitness program including a variety of physical activities. **PE.7.L.4.4**
5. Identify health-related problems associated with low levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. **PE.7.L.4.5**

Access Point for Students with Significant Cognitive Disabilities

Independent

- a. Create and implement a personal fitness program in collaboration with a teacher. **PE.7.L.4.IN.A**
- b. Select goals and identify strategies for a personal physical-activity plan. **PE.7.L.4.IN.B**
- c. Use a variety of resources, including available technology, to design and assess a personal physical-activity plan. **PE.7.L.4.IN.C**
- d. Identify a variety of physical activities when developing a personal fitness program. **PE.7.L.4.IN.D**
- e. Recognize selected health-related problems associated with low levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. **PE.7.L.4.IN.E**

Supported

- a. Create a personal fitness program in collaboration with a teacher. **PE.7.L.4.SU.A**
- b. Select goals and recognize strategies for a personal physical-activity plan. **PE.7.L.4.SU.B**
- c. Use a variety of resources, including available technology, to assess a personal activity plan. **PE.7.L.4.SU.C**
- d. Identify a variety of selected physical activities when developing a personal fitness program. **PE.7.L.4.SU.D**
- e. Recognize selected health-related problems associated with low levels of cardio-respiratory endurance and flexibility. **PE.7.L.4.SU.E**

Participatory

- a. Actively participate in a personal fitness program in collaboration with a teacher. **PE.7.L.4.PA.A**
- b. Select a goal for a personal physical-activity plan. **PE.7.L.4.PA.B**

- c. Use resources, including available technology, to recognize the effect of a personal activity plan. PE.7.L.4.PA.C
 - d. Recognize a variety of physical activities when developing a personal fitness program. PE.7.L.4.PA.D
 - e. Recognize consequences of low levels of physical activity. PE.7.L.4.PA.E
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Responsible Behaviors and Values

5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

1. Identify situations in which peer pressure could negatively impact one's own behavior choices. [PE.7.R.5.1](#)
2. Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings. [PE.7.R.5.2](#)
3. Demonstrate responsible behaviors during physical activities. [PE.7.R.5.3](#)
4. List examples of appropriate personal, social and ethical behaviors that apply to specific physical activities. [PE.7.R.5.4](#)
5. Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. [PE.7.R.5.5](#)

Access Point for Students with Significant Cognitive Disabilities

Independent

- a. Recognize situations in which peer pressure could negatively impact one's own behavior choices. [PE.7.R.5.IN.A](#)
- b. Show acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings. [PE.7.R.5.IN.B](#)
- c. Use responsible behaviors during physical activities, such as controlling emotions, respecting opponents and officials and accepting both victory and defeat. [PE.7.R.5.IN.C](#)
- d. Recognize appropriate personal, social and ethical behaviors that apply to specific physical activities. [PE.7.R.5.IN.D](#)
- e. Use appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. [PE.7.R.5.IN.E](#)

Supported

- a. Recognize a situation in which peer pressure could negatively impact one's own behavior choices. [PE.7.R.5.SU.A](#)
- b. Show acceptance and respect for persons of diverse backgrounds and abilities in selected physical-activity settings. [PE.7.R.5.SU.B](#)
- c. Use responsible behaviors during physical activities, such as controlling emotions and respecting opponents and officials. [PE.7.R.5.SU.C](#)
- d. Recognize appropriate personal and ethical behaviors that apply to specific physical activities. [PE.7.R.5.SU.D](#)
- e. Use appropriate etiquette, respect for facilities and safe behaviors while participating in a variety of physical activities. [PE.7.R.5.SU.E](#)

Participatory

- a. Associate a situation in which peer pressure could negatively impact behavior with one's own choices. [PE.7.R.5.PA.A](#)
- b. Participate cooperatively with persons of diverse backgrounds and abilities in selected physical-activity settings. [PE.7.R.5.PA.B](#)

- c. Use responsible behaviors during physical activities, such as controlling emotions. PE.7.R.5.PA.C
- d. Recognize appropriate personal behavior that applies to selected physical activities. PE.7.R.5.PA.D
- e. Use safe behaviors while participating in a variety of physical activities. PE.7.R.5.PA.E

6 Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- 1. Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.7.R.6.1
- 2. Discuss the potential benefits of participation in a variety of physical activities. PE.7.R.6.2
- 3. Participate in games, sports and/or physical activities from other cultures. PE.7.R.6.3

Access Point for Students with Significant Cognitive Disabilities

Independent

- a. Recognize an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.7.R.6.IN.A
- b. Identify selected potential benefits of participation in a variety of physical activities, such as physical, mental, emotional and social benefits. PE.7.R.6.IN.B
- c. Select games, sports or physical activities from other cultures. PE.7.R.6.IN.C

Supported

- a. Recognize an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment. PE.7.R.6.SU.A
- b. Recognize selected potential benefits of participation in a variety of physical activities, such as physical, mental, emotional and social benefits. PE.7.R.6.SU.B
- c. Identify selected games, sports or physical activities from other cultures. PE.7.R.6.SU.C

Participatory

- a. Recognize an opportunity for participation in a physical activity that occurs outside of the school setting. PE.7.R.6.PA.A
- b. Associate a selected benefit to the participation in a physical activity, such as a physical, mental, emotional or social benefit. PE.7.R.6.PA.B
- c. Recognize selected games, sports or physical activities from other cultures. PE.7.R.6.PA.C