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

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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

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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

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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

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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

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

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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

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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

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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

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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

Responsible Behaviors and Values

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

1. Identify situations in which peer pressure could negatively impact one's own behavior choices. PE.7.R.5.1

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- 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

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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