Georgia Physical Education

Grade 7

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety motor skills and movement patterns.** PE7.1
   a. Performs specialized manipulative skills in an applied setting to include striking and kicking in a dynamic environment while running, changing direction, pace, and levels. PE7.1.A
   b. Performs a movement sequence in a physical activity, dance routine, or game (e.g., give and go in soccer; hop/step/ jump in triple jump; and jump rope routine). PE7.1.B
   c. Creates rhythm sequences that combine complex movement concepts and skills (e.g., the foot movements required to perform a successful basketball layup; running jump shot in team handball; run/jump/throw as in a double play). PE7.1.C
   d. Demonstrates control while using a variety of throwing motions in activities (e.g., angleball, horseshoes, spin casting, and ultimate frisbee). PE7.1.D

Movement Concepts and Principles

2. **The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PE7.2
   a. Explores basic physics concepts such as action-reaction, trajectory, levers, and linear velocity that are important in physical activities. PE7.2.A
   b. Identifies and predicts the results of open space concepts in team sport activities by utilizing offensive and defensive tactics. PE7.2.B
   c. Analyzes potential outcomes of offensive and defensive tactics in small-sided game settings. PE7.2.C

Fitness

3. **The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE7.3
   a. Identifies barriers to maintaining a physically active lifestyle. PE7.3.A
   b. Identifies general principals of training. (the overload principle and the FITT principle of Frequency, Intensity, Time, and Type). PE7.3.B
   c. Identifies places in the community where activities learned in class can be practiced and enjoyed. PE7.3.C
   d. Identifies and explains the difference between health-related and skill-related fitness. PE7.3.D

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e. Participates in the Georgia Fitness Assessment with teacher supervision. PE7.3.E

f. Identifies accurately form breaks for each Georgia Fitness Assessment component. PE7.3.F

g. Performs fitness assessment protocols correctly. PE7.3.G

h. Determines if fitness scores are in the Healthy Fitness Zone (HFZ) for age and gender. PE7.3.H

i. Identifies health fitness components that are strong and those in need of improvement. PE7.3.I

j. Develops and revises an exercise plan utilizing exercises or activities that will contribute to the improvement of in one or more components of the Georgia Fitness Assessment Program. PE7.3.J

k. Explains the RPE (Rating of Perceived Exertion) scale and how it can be used in a personal fitness regimen. PE7.3.K

l. Explains the importance of the aerobic capacity in overall health. PE7.3.L

m. Compares and contrasts static and dynamic stretching. PE7.3.M

n. Compares and contrasts strength and endurance training. PE7.3.N

Personal and Social Behavior, Rules, Safety, and Etiquette

4. **The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE7.4

   a. Demonstrates support of and cooperation with peers. PE7.4.A

   b. Exhibits task behaviors with limited supervision by self-officiating and problem solving during activities and including the safe and appropriate use of equipment. PE7.4.B

   c. Demonstrates an acceptance of differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback and by avoiding bullying behavior. PE7.4.C

5. **The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE7.5

   a. Participates in health enhancing activities for personal challenge and describes how each exerts a positive effect on health. PE7.5.A

   b. Participates in new activities and describes the positive mental and emotional benefits of participation. PE7.5.B

   c. Explains the benefits of social interaction through physical activity. PE7.5.C