

Grade 7

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 7.1

1 Individual-Performance Activities 7.1.1

- A Performs correct technique for a variety of skills in one selected individual performance activity. 7.1.1.A

2 Outdoor Pursuits 7.1.2

- A Performs correct technique for a variety of skills in one selected outdoor activity. 7.1.2.A

3 Dance and Rhythm 7.1.3

- A Demonstrates correct rhythm and pattern for two of the following activities: dance, including folk, social, creative, line, and world; jump bands; and cardio drumming). 7.1.3.A

4 Throwing 7.1.4

- A Performs a mature throwing (underhand and overhand) pattern for accuracy in a dynamic environment. 7.1.4.A

5 Catching 7.1.5

- A Performs a mature catching pattern from a variety of trajectories using different objects during small-sided game play. 7.1.5.A

6 Passing and Receiving 7.1.6

- A Performs passing and receiving with hands, feet, or implements with competency while moving, changing direction, and speed during small-sided game play. 7.1.6.A
- B Demonstrates a lead pass with competency, while moving, to a moving receiver. 7.1.6.B

7 Dribbling 7.1.7

- A Performs dribbling skills with dominant and nondominant hand, foot, and implements with control while moving, changing directions, and speed in a variety of practice tasks. 7.1.7.A

8 Striking 7.1.8

- A Performs striking with competency in a dynamic environment. 7.1.8.A
- B Performs striking a stationary object for accuracy and distance, using an implement, with competency in activities (such as golf, hockey). 7.1.8.B

- C Performs striking a moving object to open space, with competency, using an implement in a variety of practices. 7.1.8.C

9 Forehand and Backhand 7.1.9

- A Performs forehand and backhand strokes with competency while transferring weight with correct timing, using a short- or long-handled implement in a dynamic environment. 7.1.9.A

10 Shooting 7.1.10

- A Performs shooting on goal with competency and accuracy in a dynamic environment. 7.1.10.A

11 Serving 7.1.11

- A Performs an underhand or overhand serve to a target with competency, control, and weight transfer. 7.1.11.A

12 Volleying 7.1.12

- A Performs controlled forehand and backhand volleys with competency with a short- or long-handled implement in a dynamic environment. 7.1.12.A

13 Offensive Skills 7.1.13

- A Performs at least one movement without the ball or object (such as the pivot, give and go, fakes, or jab steps). 7.1.13.A
- B Performs at least one movement with the ball or object (such as dribbling) against defensive pressure to create open space. 7.1.13.B

14 Defensive Skills 7.1.14

- A Performs the defensive position and slides in all directions without crossing the feet in a dynamic environment. 7.1.14.A

The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 7.2

1 Target Games 7.2.1

- A Determines how to change speed and/or trajectory of the shot based on location of the object in relation to the target. 7.2.1.A

2 Movement and Rhythm 7.2.2

- A Applies Newton's law of motion to various movement activities. 7.2.2.A

3 Outdoor Pursuits 7.2.3

- A Analyzes the situation and makes appropriate decisions to ensure the safety of self and/or others. 7.2.3.A

4 Offensive Tactics 7.2.4

- A Demonstrates at least two ways to create open space (such as moving to open space without a ball or object; using a variety of passes, pivots, and fakes; using the give and go maneuver; using the width and length of the field/court; staying spread out on offense; cutting and passing quickly). (invasion games) 7.2.4.A
 - B Demonstrates a variety of shots to hit to open space. (field and strike games) 7.2.4.B
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5 Defensive Tactics 7.2.5

- A Demonstrates at least two ways to reduce open space (such as changing body position; by not allowing the catch (denial); allowing the catch, but not the return pass; staying close to the opponent as they near the goal). (invasion games) 7.2.5.A
 - B Selects the correct defensive play based on the situation. (field and strike games) 7.2.5.B
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6 Transitions, Invasion Games 7.2.6

- A Demonstrates the transitions from offense to defense and defense to offense by recovering quickly and communicating with teammates. 7.2.6.A
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7 Creating Space, Net and Wall Games 7.2.7

- A Creates open space by varying force and direction, and forcing the opponent to move from side to side. 7.2.7.A
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8 Tactics and Shots, Net and Wall Games 7.2.8

- A Demonstrates an offensive shot based on the opponent's location (hit where the opponent is not). 7.2.8.A
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 7.3

1 Physical Activity Benefits 7.3.1

- A Identifies barriers related to maintaining a physically active lifestyle and identifies solutions for eliminating those barriers. 7.3.1.A
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2 Engagement in Physical Activity 7.3.2

- A Participates in physical activity twice a week outside of physical education class. 7.3.2.A
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3 Components of Fitness 7.3.3

- A Identifies the difference between health-related and skill-related fitness. 7.3.3.A
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4 Health-Related Fitness 7.3.4

- A Differentiates between muscular strength and muscular endurance activities. 7.3.4.A
- B Describes and demonstrates the differences between dynamic and static stretches. 7.3.4.B

- C Describes the relationship between cardiorespiratory activities and exercise intensity (such as the Borg Rating of Perceived Exertion (RPE), the OMNI Scale, Heart Rate Monitors, or taking a heart rate manually). 7.3.4.C

5 FITT Principle 7.3.5

- A Describes the FITT principle (frequency, intensity, time, type) for muscular endurance, muscular strength, and flexibility. 7.3.5.A

6 Phases of Exercise 7.3.6

- A Designs a warm-up or cool-down for a self-selected physical activity. 7.3.6.A

7 Engagement in Fitness Activities 7.3.7

- A Participates in a variety of cardiorespiratory endurance, muscular endurance, and muscular strength activities. 7.3.7.A

8 Body Systems 7.3.8

- A Describes how muscles pull on bones to create movement in pairs by relaxing and contracting. 7.3.8.A

9 Nutrition 7.3.9

- A Explains the relationship of caloric intake and expenditure to weight management, and investigates strategies for balancing calories. 7.3.9.A

10 Goal-Setting 7.3.10

- A Uses a SMART (specific, measurable, attainable, realistic, and timely) goal to improve or maintain two areas of health-related fitness based on a fitness assessment. 7.3.10.A

11 Physical Activity and Nutrition Log 7.3.11

- A Maintains and reflects on a personal physical activity and hydration log to document learning and set goals for improvement. 7.3.11.A

The physically literate individual exhibits responsible personal and social behavior that respects self and others. 7.4

1 Personal Responsibility 7.4.1

- A Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. 7.4.1.A

2 Rules and Etiquette 7.4.2

- A Demonstrates knowledge of rules and etiquette by self-officiating physical activities and games or following parameters to create or modify a dance or rhythmic activity. 7.4.2.A

3 Receiving and Providing Feedback 7.4.3

- A Provides corrective feedback to a peer using a teacher-generated rubric, while using appropriate tone and other communication skills. 7.4.3.A

4 Working with Others 7.4.4

- A Demonstrates cooperation by establishing rules and guidelines for resolving conflicts. 7.4.4.A

5 Safety 7.4.5

- A Independently uses all equipment for physical activity and fitness appropriately and safely. 7.4.5.A

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression, and/or social interaction. 7.5

1 Health 7.5.1

- A Identifies different types of physical activities and describes how each has a positive impact on health. 7.5.1.A

2 Challenge 7.5.2

- A Uses positive strategies when faced with a group challenge (such as offering suggestions or assistance, leading or following others, and providing possible solutions). 7.5.2.A

3 Self-Expression and Enjoyment 7.5.3

- A Identifies why self-selected physical activities create enjoyment. 7.5.3.A
- B Explains the relationship between self-expression and lifelong enjoyment through physical activity. 7.5.3.B

4 Social Interaction 7.5.4

- A Demonstrates the importance of social interaction by avoiding negative talk and helping and encouraging others in various physical activities and games. 7.5.4.A