

Grade 7 Physical Education

Demonstrate competency in a variety of motor skills and movement patterns.

MP. Combinations of Movement Patterns and Skills 7.1.MP

- MP1.** Apply refined movement concepts, principles, strategies and tactics when learning and performing physical activities. 7.1.MP1
- MP2.** Demonstrate combined motor skills in a variety of games and activities 7.1.MP2
- MP3.** Perform controlled movements in game-like situations. 7.1.MP3

MS. Manipulative Skills 7.2.MS

- MS1.** Demonstrate how to send, receive and retain a variety of objects, while taking into account position and motion in relation to others, equipment and boundaries, while applying appropriate performance cues. 7.2.MS1

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

MC. Combinations of Movement Concepts 7.2.MC

- MC1.** Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities and game-like situations. 7.3.MC1
- MC2.** Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in physical activities and game-like situations. 7.3.MC2
- MC3.** Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences in physical activities and game-like situations. 7.2.MC3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PA. Physical Activity Knowledge and Engagement 7.3.PA

- PA1.** Explain the physical, social and mental/emotional benefits of being physically active. 7.3.PA1
- PA2.** Analyze self-selected physical activity and adjust activities based on current fitness level. 7.3.PA2

PF. Physical Fitness Knowledge 7.3.PF

- PF1.** Describe how the FITT principle is used to develop personal fitness goals. 7.3.PF1

3N. Nutrition 7.3.N

- N1.** Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity. 7.3.N1
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M. Stress Management 7.3.M

- M1.** Analyze various physical activities that help with stress reduction 7.3.M1
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Demonstrate responsible personal and social behavior that exhibits respect for self and others.

SW. Social Interactions/Working with Others 7.4.SW

- SW1.** Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. 7.4.SW1
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RE. Rules and Etiquette 7.4.RE

- 1.** Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities. 7.4.RE.1
- RE2.** Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict. 7.4.RE2
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SA. Safety 7.4.SA

- SA1.** Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities. 7.4.SA1
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Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

HE. Health 7.5.HE

- HE1.** Compare how regular participation in physical activities supports the goals of a healthy lifestyle. 7.5.HE1
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C. Challenge 7.5.C

- C1.** Identify strategies for persevering when physical activities bring challenge. 7.5.C1
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SE. Self-Expression and Enjoyment 7.5.SE

- SE1.** Demonstrate both intrinsic and extrinsic motivation by selecting physical activities to participate in outside of class. 7.5.SE1
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SI. Social Interaction 7.5.SI

- SI1.** Demonstrate positive social interactions during physical activity 7.5.SI1
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A. Advocacy 7.5.A

- A1.** Create physical activity messages for different audiences that persuade others to make healthy and safe physical choices. 7.5.A1
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