Louisiana Physical Education

Grade 7

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Specialized Skills and Movement Patterns

1. Exhibits command of rhythm and timing by creating a movement sequence to music as an individual, with a partner, or small group 1.7-1.1
2. Demonstrates a routine that includes a variety of movement patterns in dance, gymnastics or fitness with an individual, with a partner or small group 1.7-1.2

Games and Sports: Invasion Games Passing

1. Demonstrates a mature passing pattern using hand, foot, or implement for distance and accuracy in small-sided games 1.7-2.1

Games and Sports: Invasion Games Receiving

1. Receives with a mature pattern using hand, foot, or implement in small-sided games 1.7-3.1

Games and Sports: Invasion Games Offensive Skills

1. Create space and position self in space to create scoring opportunities 1.7-4.1
2. Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, and jab steps 1.7-4.2
3. Demonstrates offensive strategies used while playing a basic version of a team or individual sport 1.7-4.3

Games and Sports: Invasion Games Dribbling/Ball Control with Hands

1. Dribbles with dominant and non-dominant hand using a change of speed and direction in a variety of practice tasks 1.7-5.1

Games and Sports: Invasion Games Dribbling/Ball Control with Feet

1. Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks 1.7-6.1

Games and Sports: Invasion Games Shooting on Goal

1. Shoots on goal with power and accuracy in a variety of practice tasks 1.7-7.1

Games and Sports: Invasion Games Defensive Skills

1. Slides in all directions while on defense without crossing feet 1.7-8.1

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ames and Sports: Net/Wall Games Serving

1. Executes consistently (at least 70% of the time) a legal underhand serve to a predetermined target for net/wall games 1.7-9.1

Games and Sports: Net/Wall Games Striking

1. Strikes with a mature overarm pattern in a net/wall game during singles, doubles, and small-sided games 1.7-10.1

Games and Sports: Net/Wall Games Forehand and Backhand

1. Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games in singles or doubles 1.7-11.1

Games and Sports: Net/Wall Games Weight Transfer

1. Transfers weight with correct timing using a low-to- high striking pattern with a short-handled implement on the forehand/backhand side 1.7-12.1

Games and Sports: Net/Wall Games Volley

1. Volleys with a mature form and control using a body part or a short-handled implement during singles, doubles or a small-sided game 1.7-13.1

Games and Sports: Target Games Underhand Pattern

1. Executes consistently (70% of the time) a mature underhand pattern for target games 1.7-14.1

Games and Sports: Target Games Striking

1. Strikes, with an implement, a stationary object for accuracy and distance in activities 1.7-15.1

Games and Sports: Fielding/Striking Games Striking

1. Strikes a pitched ball with an implement for power to open space in a variety of practice tasks 1.7-16.1

Games and Sports: Fielding/Striking Games Catching

1. Catches, with a mature pattern, from different trajectories in a small-sided game play 1.7-17.1

Individual or Group Lifetime Activities

1. Demonstrates correct technique for a variety of skills in at least one self-selected individual or group lifetime activity 1.7-18.1

The physically literate individual applies knowledge of concepts, principles, strategies an
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Games and Sports: Invasion Games Offensive Tactics

1. Demonstrates creating open space by staying spread out on offense and cutting and passing quickly 2.7-1.1

ames and Sports: Invasion Games Defensive Tactics

1. Demonstrates reducing open space on defense by staying within arms-length of the opponent between the opponent and the goal 2.7-2.1

Games and Sports: Net/Wall Games Creating Space

1. Demonstrates creating open space by moving opponent from side to side and/or forward and backward 2.7-3.1

Games and Sports: Net/Wall Games Tactics and Shots

1. Demonstrates one or more offensive shots based on an opponent's location 2.7-4.1

Games and Sports: Fielding/Striking Games Offensive Tactics

1. Demonstrates a variety of shots to open space 2.7-5.1

Games and Sports: Fielding/Striking Games Defensive Tactics

1. Demonstrates a defensive play when put in a game situation/scenario 2.7-6.1

Games and Sports: Target Games Shot Selection

1. Describes an appropriate shot based on the location of the target or the score of the game by varying the speed, force, or trajectory of the object 2.7-7.1

Individual Performance Movement Concepts

1. Describes Newton's first law of motion in one or more individual performance activities 2.7-8.1

Individual or Group Lifetime Activities Decision Making

1. Analyzes the situation and makes adjustments to ensure safety of self and others 2.7-9.1

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Benefits of Physical Activity

1. Analyzes the relationship between physical activity levels and mental health 3.7-1.1

Evaluates Physical Activity

1. Collects and analyzes personal physical activity assessment data to develop a plan to improve or maintain physical activity levels 3.7-2.1

Health and Skill Related Fitness

1. Describes the health-related and skill-related fitness components 3.7-3.1

Principles of Training

1. Describes the principles of training 3.7-4.1

FITT Principle

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1. Describes the FITT Principle for the following components of health-related fitness: cardiovascular endurance, muscular endurance, muscular strength and flexibility 3.7-5.1

Phases of Exercise

1. Designs a warm up and cool down routine for a class or self-selected physical activity 3.7-6.1

Heart Rate

1. Calculates/Finds pulse and uses the rating of perceived exertion (RPE) for activities of different intensities 3.7-7.1

Body Systems

1. Describes the mechanisms behind movement of large muscle groups 3.7-8.1

Technology

1. Describes the benefits of and/or uses technology to monitor fitness 3.7-9.1

Assessment and Program Planning

1. Uses SMART goals to design a personal workout plan based on results of at least two health-related fitness assessments 3.7-10.1

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

Personal Responsibility

1. Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates 4.7-1.1

Personal Responsibility

1. Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class 4.7-2.1

Providing and Receiving Feedback

1. Observe and analyze the performance of other students to provide corrective feedback using teacher- generated guidelines 4.7-3.1

Working with Others Conflict Resolution

1. Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts 4.7-4.1

Working with Others Cooperation and Accepting Others

1. Participate in a sport, game, and/or dance as a means to interact with individuals of diverse backgrounds 4.7-5.1

Rules and Etiquette

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Demonstrates understanding of rules and etiquette by self-directing physical activities (dance, individual, team & lifetime) 4.7-6.1

	Safety 1. Independently uses physical activity and fitness equipment appropriately, and independently follows safety protocols 4.7-7.1
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**Challenge** 1. Develops solutions and strategies for overcoming challenges faced in physical activity settings 5.7-1.1
	Self-Expression /Enjoyment 1. Explains the relationship between self-expression and lifelong enjoyment through physical activity 5.7-2.1
	Social Interaction 1. Analyze specific physical activities for their opportunity for social interaction 5.7-3.1