Maryland Physical Education

Grade 7

Motor Skills and Movement Patterns S1.G7

Dance & Rhythms

1 Demonstrates correct rhythm and pattern for one dance form. S1.G7.1

Throwing

2 Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment. S1.G7.2

Catching

3 Catches a variety of objects from different trajectories with a mature pattern in small-sided game play. S1.G7.3

Passing & Receiving

4a Passes and receives with feet while changing direction and speed with competency. S1.G7.4A

4b Throws, while moving, a leading pass to a moving receiver. S1.G7.4B

Offensive Skill

5a Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. S1.G7.5A

5b Performs the following offensive skills with defensive pressure: pivot, give and go, and fakes. S1.G7.5B

Dribbling/Ball Control

6a Dribbles with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks. S1.G7.6A

6b Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks. S1.G7.6B

Shooting on a Goal

7 Shoots on goal with power and accuracy in small-sided game play. S1.G7.7

Defensive Skills

8 Slides in all directions while on defense without crossing feet. S1.G7.8

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9 Consistently executes an underhand serve with a mature pattern to a predetermined target for net and wall games. S1.G7.9

Striking

10 Strikes with a mature overhand pattern in a dynamic environment for net or wall games. S1.G7.10

Forehand & Backhand

11 Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games. S1.G7.11

Weight Transfer

12 Transfers weight with correct timing using low-to-high striking pattern with a short-handled implement on the forehand side. S1.G7.12

Volley

13 Forehand and backhand volleys with a mature pattern and control using a short handled implement. S1.G7.13

Two-hand volley

14 Two-hand volleys with control in a dynamic environment. S1.G7.14

Target Games/Propel an Object

15 Consistently propels an object for target games. S1.G7.15

Striking with a Long-Handled Implement

16 Strikes a pitched ball with an implement to open space in a variety of practice tasks. S1.G7.16

Catching with a Short or Long-Handled Implement

17 Catches, with a mature pattern, from different trajectories, using a variety of objects in small-sided game play while using an implement. S1.G7.17

Outdoor Pursuits

18 Demonstrates correct technique for a variety of skills in one self-selected outdoor activity. S1.G7.18

Individual Performance Activities

19 Demonstrates correct technique for a variety of skills in one self-selected individual performance activity. S1.G7.19

Concepts and Strategies S2.G7

Creating Space - Movement

Reduces open space in combination with movement concepts. S2.G7.1

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reating Space - Offensive Tactics

2 Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give and go. S2.G7.2

Reducing Space - Changing Size and Shape

3 Reduces open space on defense by staying close to the opponent as they near the goal. S2.G7.3

Reducing Space - Using Denial

4 Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection. S2.G7.4

Transitions

5 Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. S2.G7.5

Creating Space - Through Variation

6 Creates open space in net or wall games with a long-handled implement by varying force and direction and by moving opponent from side to side. S2.G7.6

Using Tactics & Shots

7 Selects offensive shot based on opponent's location. S2.G7.7

Shot Selection

8 Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. S2.G7.8

Offensive Strategies

9 Uses a variety of shots to hit to open space. S2.G7.9

Reducing Space

10 Selects the correct defensive play based on the situation. S2.G7.10

Movement Concepts

11a Identifies and applies Newton's Laws of Motion to various dance or movement activities. S2.G7.11A

11b Analyzes an activity and makes adjustments to ensure the safety of self and others. S2.G7.11B

Health-Enhancing Level of Physical Activity and Fitness S3.G7

Physical Activity Knowledge

1 Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. S3.G7.1

ıgages in Physical Activity

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2 Participates in a variety of moderate to vigorous strength and endurance fitness activities (Pilates, resistance training, body weight training, free weight training, dual and individual sports, martial arts, or aquatic activities). S3.G7.2

Fitness Knowledge

3a Distinguishes between health-related and skill-related fitness components. S3.G7.3A

3b Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. S3.G7.3B

3c Describes and demonstrates the difference between dynamic and static stretches. S3.G7.3C

Responsible Personal and Social Behavior S4.G7

Personal Responsibility

1a Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors. S4.G7.1A

1b Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors. S4.G7.1B

Accepting Feedback

2 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. S4.G7.2

Working with Others

3a Accepts differences among classmates in physical development, maturation, and skill level by providing encouragement and positive feedback. S4.G7.3A

3b Cooperates with a small group of classmates. S4.G7.3B

Rules and Etiquette

4 Identifies the rules and etiquette for activities. S4.G7.4

Recognizes the Value of Physical Activity S5.G7

Health

1a Identifies different types of physical activities and describes how each exerts a positive effect on health. S5.G7.1A

1b Identifies positive mental and emotional aspects of participating in a variety of physical activities. S5.G7.1B

Challenge

2a Generates positive strategies such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge. S5.G7.2A

2b Shows that skills will develop over time with appropriate practice. S5.G7.2B

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elf-Expression and Enjoyment

3a Identifies why self-selected physical activities create enjoyment. S5.G7.3A

3b Explains the relationship between self-expression and lifelong enjoyment through physical activity. S5.G7.3B