Minnesota Physical Education

Grade 7

Adopted 2018

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

1. **Demonstrate correct rhythm and pattern for two of the following dance forms: folk, social, creative, line or world dance.** 7.1.1.1

1. **Throw for distance and accuracy appropriate to the invasion or fielding and striking game practice tasks.** 7.1.2.1

2. **Catch from a variety of trajectories using different objects in invasion or fielding and striking small-sided games.** 7.1.2.2

1. **Pass and receive with competency using feet in combination with locomotor patterns of running and change of direction and speed in small-sided invasion games. For example: soccer or speedball.** 7.1.3.1

2. **Throw, while moving, a leading pass to a moving receiver in invasion game practice tasks.** 7.1.3.2

3. **Execute at least one of the following skills designed to create open space during small-sided invasion games, with varying levels of defense: pivots, fakes, jab steps, and give and go.** 7.1.3.3

4. **Dribble with preferred and non-preferred hands using a change of speed and direction in a variety of invasion game practice tasks.** 7.1.3.4

5. **Foot-dribble or dribble using an implement combined with passing in a variety of invasion game practice tasks.** 7.1.3.5

6. **Shoot on goal with accuracy in small-sided invasion games.** 7.1.3.6

7. **Slide in all directions while on defense without crossing feet in invasion game practice tasks.** 7.1.3.7

1. **Execute a legal underhand serve to a predetermined target in net and wall small-sided games. For example: badminton, pickleball, volleyball.** 7.1.4.1

2. **Strike consistently using an overhand pattern in small-sided net and wall games. For example: badminton, handball, tennis.** 7.1.4.2

3. **Demonstrate forehand and backhand strokes using a long-handled implement in small-sided net and wall games. For example: badminton, tennis.** 7.1.4.3

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	4. **Forehand and backhand volley, with control, using a short-handled implement in small-sided net and wall game practice tasks.** 7.1.4.4
	5. **Two-hand volley (underhand and overhand) with control in a small-sided net and wall game.** 7.1.4.5
	1. **Execute an underhand roll or toss in a target game. For example: bowling, bocce, horseshoes.** 7.1.5.1
	2. **Strike, using an implement and a stationary object for accuracy and distance in a target game. For example: croquet, shuffleboard, golf.** 7.1.5.2
	1. **Strike a pitched ball, using an implement, to open space in a variety of fielding and striking game practice tasks.** 7.1.6.1
	2. **Catch from different trajectories, using a variety of objects, in small-sided fielding and striking games.** 7.1.6.2
	1. **Demonstrate correct technique for a variety of skills in an outdoor activity.** 7.1.7.1
	1. **Demonstrate correct technique for a variety of skills in one individual-performance activity.** 7.1.8.1
Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	1. **Execute at least two of the following offensive tactics in invasion game practice tasks to create open space: use a variety of passes, pivots and fakes; and give and go.** 7.2.1.1
	2. **Reduce open space on defense, in an invasion game practice task, by staying close to the opponent as he or she nears the goal.** 7.2.1.2
	3. **Reduces open space, in an invasion game practice task, by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection.** 7.2.1.3
	4. **Transition from offense to defense, or defense to offense, in an invasion game practice task, by recovering quickly and communicating with teammates.** 7.2.1.4
	1. **Create open space in net and wall game practice tasks, with a long-handled implement, by varying force and direction, and moving an opponent from side to side.** 7.2.2.1
	2. **Select an offensive shot based on an opponent's location in net and wall game practice tasks. For example: Hit where the opponent is not.** 7.2.2.2
	1. **Vary the speed and trajectory of a shot based on the location of the object in relation to the target in small-sided target games.** 7.2.3.1

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	1. Use a variety of shots to hit into open space in fielding and striking game practice tasks. For example: bunt, line drive, high arc. 7.2.4.1
	2. Analyze the correct defensive play based on the situation in fielding and striking practice tasks. For example: number of outs, position of runners. 7.2.4.2
	1. Identify and apply Newton's laws of motion to various individual-performance activities. 7.2.5.1
	1. Describe advanced skills and tactics needed for participation in an outdoor activity. 7.2.6.1
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	1. Describe solutions for reducing barriers related to maintaining a physically active lifestyle. 7.3.1.1
	1. Participate in a variety of strength- and endurance-fitness activities using technology or media. For example: Pilates, resistance training, body-weight training and light free-weight training. 7.3.2.1
	2. Participate in moderate to vigorous muscle- and bone-strengthening physical activity at least three times a week. 7.3.2.2
	1. Define the components of skill-related fitness. 7.3.3.1
	2. Differentiate between dynamic and static stretches. 7.3.3.2
	3. Describe the specificity principle and how it affects fitness. 7.3.3.3
	4. Design a warm-up and cool-down regimen for a self-selected physical activity. 7.3.3.4
	5. Monitor physical activity intensity by comparing and contrasting heart rate responses through a variety of physical activities. 7.3.3.5
	6. Describe how muscles (muscular system) pull on bones (skeletal system) to create movement in pairs by relaxing and contracting. 7.3.3.6
	1. Use SMART goals, based on the results of a health-related fitness assessment, to design, implement, and modify a maintenance or remediation program for two health-related fitness areas. For example: SMART goals are specific and strategic, measurable, attainable, results-based and time-based. 7.3.4.1
	2. Maintain a physical activity and nutrition log for at least two weeks and reflect on activity levels and nutrition as documented in the log. 7.3.4.2
	1. Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity. 7.3.5.1

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	1. Identify several strategies for dealing with stress. For example: deep breathing, guided visualization, aerobic exercise. 7.3.6.1
Exhibit responsible personal and social behavior that respects self and others.	1. Accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement. 7.4.1.1
	2. Demonstrate both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class. 7.4.1.2
	1. Provide corrective feedback to a peer using teacher-generated guidelines and incorporating appropriate tone and communication skills. 7.4.2.1
	1. Problem-solve with a small group of classmates during small group initiatives or game play. 7.4.3.1
	1. Apply rules and etiquette while self-monitoring personal behavior during physical activities. 7.4.4.1
	1. Independently use physical activity and fitness equipment appropriately and safely. For example: fitness equipment, sport equipment, heart rate monitors 7.4.5.1
	2. Analyze a physical activity situation and make adjustments to ensure the safety of self and others. 7.4.5.2
Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	1. Chart and analyze personal screen time behaviors. 7.5.1.1
	2. Explain the positive impact participation in physical activity has on one's physical, emotional, social and mental health. 7.5.1.2
	1. Generate positive statements such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge. 7.5.2.1
	1. Describe how self-selected physical activities create enjoyment. 7.5.3.1
	2. Explain how the relationship between physical activity and self-expression can lead to lifelong enjoyment of physical activity. 7.5.3.2