

Grade 7

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Demonstrate competency with increasing proficiency in movement skills while participating in team and individual sports.

Perform continuous (possibly using rhythmic activities) and discrete skills (i.e. discrete skills have a defined beginning and end and continuous skills are ongoing).

Develop offensive and defensive strategies in individual and team sports.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Create and modify activities that provide practice of selected skills to help improve physical performance.

Identify the basic training principles (i.e., FITT, Warm-up/Work-Out/Cool Down, specificity, overload, intensity).

Discuss concepts that impact the quality of proper practice techniques.

Participates regularly in physical activity.

Participate in physical activities based on individual interests or capabilities.

Explore different lifelong physical activities.

Achieve and maintain a health-enhancing level of physical fitness.

Participate in fitness assessment and developmentally appropriate health-related activities for the purpose of improving skill performance and physical fitness.

Design a personal fitness plan.

Engage in physical activity at an increased heart rate for a minimum of 20 minutes at least three times per week.

Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Follow rules and regulations and respect others.

Exhibit characteristics of a positive role model by following rules and procedures and displaying sportsmanship during physical activities.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Use the physical activity setting as an opportunity to improve social skills (i.e., self-expression, social interaction, etc.).

Analyze physical fitness experiences regarding social, emotional, and health benefits.