Missouri Physical Education

Grade 7

Adopted 2007

Efficiency of Human Movement and Performance

1. **Personal Fitness and Healthy Active Living**
   - A. Health-Related and Skill-Related Fitness
     - a. Analyze activities to determine whether they promote health-related fitness, skill-related fitness, or both.
   - B. Wellness
     - a. Identify caloric value of a variety of foods and determine exercise needed to expend this energy.
     - b. Identify physiological changes that occur in the body due to stress (e.g., sweating, eye twitching, rapid pulse, irregular heartbeat).
   - C. Fitness Principles
     - a. Identify the FITT principle (frequency, intensity, time, type) and how it relates to exercise.
   - D. Body Systems
     - a. Explain how participation in specific activities improves the circulatory, respiratory, muscular, and skeletal systems (e.g., weight bearing exercises improve bone strength, how muscles are strengthened).

2. **Responsible Personal and Social Behavior in the Physical Activity Setting**
   - A. Personal/Social Responsibilities
     - a. Select appropriate conflict resolution skills in a physical activity setting (e.g., self-control, respect, peer influence).

3. **Injury Prevention, Treatment and Rehabilitation**
   - A. Prevention
     - a. Identify proper protective equipment used in physical activities.
   - B. Treatment
     - a. Recognize non-life threatening injuries and explain how to provide basic care inside and outside the physical activity setting (e.g., Heimlich Maneuver, RICE - Rest, Ice, Compression, Elevation).

Ph Lif Skip to main content **Fundamental Movement Skills and Games**

E. Movement Concepts

a. Apply critical elements of movement to various activities (e.g., transfer of learning, swing, throwing, strike, biomechanics).

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2. Sport Skills and Lifetime Activities

B. Individual, Dual and Team Sports

a. Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for individual, dual and team sports.

b. Apply basic offensive and defensive strategies in a modified game setting.

C. Outdoor Pursuits/Recreational Activities

a. Apply terminology, scoring, etiquette, safety principles, and rules appropriate for outdoor pursuits and recreational activities.

D. Specialized Activities

a. Demonstrate an increased level of competence in a variety of physical activities (e.g., gymnastics, aquatics).

E. Careers

a. Investigate the health, fitness and sport industry careers (e.g., panel of community members, personal interviews, internet research).

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3. Rhythms and Dance

B. Creative/Interpretive

a. Apply fundamental movement skills to create a simple movement sequence (e.g., locomotor, non-locomotor, self-expression, self-evaluation).

C. Rhythmic Activities

a. Design an exercise routine to accompany music that emphasizes fitness components (e.g., jump rope, aerobics, line dance).

E. Social/Cultural Aspects of Dance

a. Discuss the cultural and historic context of at least one dance form.