Nebraska Physical Education

Grade 7

Adopted 2016

Physical Activity Skills and Movement Patterns PE.7.1

1. **Performs a variety of dance and rhythmic skills and activities with competency.** PE.7.1.1
   a. Applies movement patterns to a beat or rhythm in a dance. PE.7.1.1.A
   b. Applies movement patterns to a beat in a rhythmic activity. PE.7.1.1.B

2. **Performs a variety of invasion and field game skills and activities with competency.** PE.7.1.2
   a. Throws with a mature pattern within a dynamic environment for distance, force, and speed (e.g., softball, football, basketball, Frisbee). PE.7.1.2.A
   b. Catches a variety of objects with a mature pattern in a dynamic environment (e.g., softball, football, basketball, Frisbee). PE.7.1.2.B
   c. Passes an object with feet in combination with running, changing direction, and speed with competency. PE.7.1.2.C
   d. Receives object with feet in combination with running, changing direction, and speed. PE.7.1.2.D
   e. Performs pivots, fakes, and jab steps correctly with defensive pressure (e.g., basketball, soccer, lacrosse, flag football). PE.7.1.2.E
   f. Dribbles with dominant and non-dominant hand using a change of speed and direction in a variety of practice tasks (e.g., basketball). PE.7.1.2.F
   g. Foot-dribbles combined with passing, changing speed and direction, in a variety of practice tasks (e.g., soccer). PE.7.1.2.G
   h. Dribbles with an implement combined with passing in a variety of practice tasks (e.g., floor hockey, broomball). PE.7.1.2.H
   i. Shoots with a mature pattern, power, and accuracy in a modified game (e.g., basketball, team handball, soccer). PE.7.1.2.I
   j. Maintains defensive ready position while moving, appropriate to the activity (e.g., basketball, volleyball, softball, flag football, wrestling). PE.7.1.2.J

3. **Performs a variety of net and wall game skills and activities with competency.** PE.7.1.3
   a. Performs a legal underhand serve with accuracy to a target. PE.7.1.3.A
   b. Strikes with a mature overhand pattern in a dynamic environment (e.g., volleyball, handball, badminton, tennis). PE.7.1.3.B

Skip to main content

c. Strikes with mature pattern using the forehand and backhand strokes with a long-handled implement. PE.7.1.3.C

d. Performs forehand and backhand volleys with mature pattern and control using an implement. PE.7.1.3.D

e. Performs overhead two-hand volley with control. PE.7.1.3.f Performs a forearm pass with a mature pattern to a partner. PE.7.1.3.E

4. **Performs a variety of target game skills and activities with competency.** PE.7.1.4

a. Throws underhand with a mature pattern consistently in a modified target game. PE.7.1.4.A

b. Strikes, with an implement, a stationary object for accuracy (e.g., croquet, golf, shuffleboard). PE.7.1.4.B

5. **Performs a variety of fielding/striking game skills and activities with competency.** PE.7.1.5

a. Strikes a pitched ball to an open space in a variety of practice tasks. PE.7.1.5.A

b. Catches with hands with a mature pattern, from different trajectories using a variety of balls in small-sided games. PE.7.1.5.B

6. **Performs a variety of outdoor pursuits and individual performance activities with competency.** PE.7.1.6

a. Demonstrates correct technique for a variety of skills in one self-selected outdoor activity (e.g., fishing, archery, wall climbing, geocaching, bicycling). PE.7.1.6.A

b. Demonstrates correct technique for a variety of skills in one self-selected activity (e.g., wrestling, track and field, skating, tumbling). PE.7.1.6.B

Movement Concepts, Strategies, and Tactics PE.7.2

1. **Applies knowledge of movement concepts, strategies, and tactics in individual performance activities, dance, and rhythms.** PE.7.2.1

a. Applies Newton's laws of motion to various dance or movement activities. PE.7.2.1.A

2. **Applies knowledge of movement concepts, strategies, and tactics in invasion games.** PE.7.2.2

a. Reduces space through locomotor movements appropriate to the activity. PE.7.2.2.A

b. Responds with appropriate locomotor movements while transitioning between offense and defense, communicating with teammates. PE.7.2.2.B

3. **Applies knowledge of movement concepts, strategies, and tactics in net/wall games.** PE.7.2.3

a. Creates space when hitting with long-handled implement by varying force and direction and moving opponent from side to side. PE.7.2.3.A

b. Selects offensive shot based on opponent's location. PE.7.2.3.B

Skip to main content

4. **Applies knowledge of movement concepts, strategies, and tactics in target games.** PE.7.2.4
   a. Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. PE.7.2.4.A

5. **Applies knowledge of movement concepts, strategies, and tactics in fielding/striking games.** PE.7.2.5
   a. Utilizes a variety of shots to hit to an open space. PE.7.2.5.A
   b. Selects the correct defensive play based on the situation (e.g., number of outs). PE.7.2.5.B

6. **Applies knowledge of movement concepts, strategies, and tactics in outdoor pursuits.** PE.7.2.6
   a. Analyzes the situation and makes adjustments to ensure the safety of self and others. PE.7.2.6.A

Health-Related Physical Activity and Fitness PE.7.3

1. **Demonstrates the knowledge and skill to achieve and maintain a health-enhancing level of physical activity.** PE.7.3.1
   a. Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. PE.7.3.1.A

2. **Engages in physical activity.** P.E.7.3.2
   a. Participates in a variety of activities with moderate to vigorous intensity for a minimum of 60 minutes a day. PE.7.3.2.A
   b. Participates in a variety of strength and muscular endurance fitness activities using body weight (e.g., resistance bands). PE.7.3.2.B
   c. Participates in a variety of aerobic-fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers). PE.7.3.2.C
   d. Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. PE.7.3.2.D

3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.7.3.3
   a. Distinguishes between health-related and skill-related fitness. PE.7.3.3.A
   b. Adjusts amount of physical activity based on quantity of exercise to maintain and/or improve fitness levels. PE.7.3.3.B
   c. Designs a warm-up/cool-down regimen using dynamic and static stretches for a self-selected physical activity PE.7.3.3.C
   d. Describes the overload principles of Frequency, Intensity, Time, and Type (FITT) for different types of physical activity, the training principles on which the formula is based, and how the formula and principles affect fitness. PE.7.3.3.D
   e. Defines how the Borg Rating of Perceived Exertion (RPE) scale can be used to determine the perception of the work effort or intensity of exercise. PE.7.3.3.E

Skip to main content

f. Performs a variety of single-joint and multi-joint movements in resistance training with an implement. PE.7.3.3.F

g. Performs appropriate techniques related to muscular strength and endurance to ensure safety and injury prevention. PE.7.3.3.G

h. Designs and implements a program of remediation for two areas of weakness based on the results of health-related fitness assessment. PE.7.3.3.H

i. Maintains a physical activity log and nutrition log for at least two weeks, and reflects on activity levels and nutrition as documented in the log. PE.7.3.3.I

4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.7.3.4

a. Develops strategies for balancing healthy food, snacks and water intake, along with physical activity. PE.7.3.4.A

5. **Communicates the importance of health-related fitness components and stress management with physical activity.** PE.7.3.5

a. Practices strategies for dealing with stress (e.g., deep breathing, guided visualization, aerobic exercise). PE.7.3.5.A

Responsible Behavior PE.7.4

1. **Exhibits personal responsibility in physical activity settings.** PE.7.4.1

a. Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class. PE.7.4.1.A

2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.7.4.2

a. Provides positive corrective feedback to a peer using teacher-generated guidelines and incorporating appropriate tone and other communication skills. PE.7.4.2.A

3. **Exhibits responsible social behavior when working with others.** PE.7.4.3

a. Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. PE.7.4.3.A

b. Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. PE.7.4.3.B

c. Problem solves with a small group of classmates during adventure activities, game play, or team building activities. PE.7.4.3.C

4. **Follows rules and demonstrates proper etiquette.** PE.7.4.4

a. Self-officiates modified physical activities and games. PE.7.4.4.A

b. Demonstrates appropriate behaviors and etiquette while observing and performing dance. PE.7.4.4.B

Participates safely in physical activities. PE.7.4.5

Skip to main content

a. Independently uses physical activity and fitness equipment appropriately and safely. PE.7.4.5.A

b. Applies specific safety concerns associated with the activity in individual practice. PE.7.4.5.B

Physical Activity Benefits PE.7.5

1. **Recognizes the benefits of physical activity for health.** PE.7.5.1
   a. Identifies examples of activities that enhance each of the five components of health-related fitness. PE.7.5.1.A
   b. Participates in a variety of physical activities to experience positive mental and emotional benefits. PE.7.5.1.B
2. **Recognizes the benefits of physical activity for challenge.** PE.7.5.2
   a. Generates positive strategies when faced with a group challenge in physical activity (e.g., offering suggestions or assistance, leading, or following others and providing possible solutions). PE.7.5.2.A
3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.7.5.3
   a. Enjoys self-selected physical activities. PE.7.5.3.A
   b. Describes how moving competently in a physical activity setting creates enjoyment. PE.7.5.3.B
   c. Explains the relationship between self-expression and lifelong enjoyment through physical activity. PE.7.5.3.C
4. **Recognizes the benefits of physical activity for social interaction.** PE.7.5.4
   a. Demonstrates the importance of social interactions by helping and encouraging others, avoiding negative comments and providing support to classmates. PE.7.5.4.A