

# Grade 7

**Demonstrates competency in a variety of motor skills and movement patterns. 1**

## **Sports Skills and Games**

- 1 Demonstrates mature forms of specialized skills in a variety of games and sports. 1.1.7

## **Dance, Movement, and Rhythmic Activities**

- 2 Demonstrates mature forms of specialized skills in dance, movement, and rhythmic activities. 1.2.7

## **Fitness Activities**

- 3 Demonstrates mature forms of specialized skills in a variety of fitness activities. 1.3.7

## **Lifetime Activities**

- 4 Demonstrates mature forms of specialized skills in lifetime activities. 1.4.7

**Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2**

## **Movement Concepts**

- 1 Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.7

## **Strategies and Tactics**

- 2 Applies maturing forms of strategies, tactics, and communication independently in small-sided game play and other physical activities. 2.2.7

**Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3**

## **Fitness Planning**

- 1 Applies the FITT principle to one health-related component of fitness. 3.1.7

## **Additional Health-Enhancing Behaviors**

- 2 Applies strategies to improve health-enhancing behaviors. 3.2.7

**Exhibits responsible personal and social behavior that respects self and others. 4**

## **Self-awareness and management**

- 1 Responds appropriately to corrective feedback in physical activity settings. 4.1.7

## **Social awareness and relationship skills**

- 2 Demonstrates civility by cooperating with classmates in physical activity settings. 4.2.7

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|                                                                                                                                                                          | <b>Responsible decision making</b><br><b>3</b> Applies problem-solving skills and conflict resolution tactics in physical activity settings. 4.3.7                                         |
| <b>Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5</b>                                                   | <b>Overall Wellness</b><br><b>1</b> Identifies mental and emotional benefits of participation in a variety of physical activities. 5.1.7                                                   |
|                                                                                                                                                                          | <b>Challenge</b><br><b>2</b> Creates strategies and solutions when presented with a group physical activity challenge. 5.2.7                                                               |
|                                                                                                                                                                          | <b>Self-Expression/Enjoyment</b><br><b>3</b> Describes the relationship between self-expression and enjoyment through a variety of physical activities. 5.3.7                              |
| <b>Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6</b> | <b>Personal and Community Resources</b><br><b>1</b> Identifies supports and barriers related to personal and community resources that can impact participation in physical activity. 6.1.7 |
|                                                                                                                                                                          | <b>Careers</b><br><b>2</b> Compares and contrasts career options related to physical activity and fitness. 6.2.7                                                                           |