North Dakota Physical Education

Grade 7

Adopted 2015

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

7. **Demonstrates correct rhythm and pattern for a different rhythmic activities/dance form from among folk, social, creative, line and world dance.** S1.M1.7
7. **Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment.** S1.M2.7
7. **Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play.** S1.M3.7
7. **Passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in modified invasion games such as soccer or speed-ball.** S1.M4.7
7. **Throws, while moving, a leading pass to a moving receiver.** S1.M5.7
7. **Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, and jab steps.** S1.M6.7
7. **Performs the following offensive skills with defensive pressure: pivot, give and go, and fakes.** S1.M7.7
7. **Dribbles with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks.** S1.M8.7
7. **Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks.** S1.M9.7
7. **Shoots on goal with power and accuracy in small-sided game play.** S1.M10.7
7. **Slides in all directions while on defense without crossing feet.** S1.M11.7
7. **Executes consistently (at least 70% of the time) an underhand serve to a predetermined target for net/wall games such as badminton, volleyball or pickleball** S1.M12.7
7. **Strikes, with a mature overhand pattern, in a dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.** S1.M13.7

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	7. **Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis.** S1.M14.7
	7. **Transfers weight with correct timing using low-to-high striking pattern with a short-handled implement on the forehand/backhand side.** S1.M15.7
	7. **Forehand and backhand volleys with a mature form and control using a short-handled implement.** S1.M16.7
	7. **Two-hand-volleys with control in a dynamic environment.** S1.M17.7
	7. **Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocci or horseshoes.** S1.M18.7
	7. **Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffle-board or golf.** S1.M19.7
	7. **Strikes a pitched ball with an implement to open space in a variety of practice tasks.** S1.M20.7
	7. **Catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play.** S1.M21.7
	7. **Demonstrates correct technique for a variety of skills in one self-selected outdoor activity.** S1.M22.7
	7. **Preferably taught at elementary or secondary levels. However, availability of facilities might dictate when swimming and water safety are offered in the curriculum.** S1.M23.7
	7. **Demonstrates correct technique for a variety of skills in one self-selected individual-performance activity.** S1.M24.7
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	7. **Reduces open space by using locomotor movements (e.g., walking, running, jumping and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal).** S2.M1.7
	7. **Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give & go.** S2.M2.7
	7. **Creates open space by staying spread on offense, and cutting and passing quickly.** S2.M3.7
	7. **Reduces open space on defense by staying close to the opponent as he/she nears the goal** S2.M4.7
	Reduces open space by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection. S2.M5.7

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	7. **Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates.** S2.M6.7
	7. **Creates open space in net/wall games with a long-handled implement by varying force and direction, and moving opponent from side to side.** S2.M7.7
	7. **Selects offensive shot based on opponent's location (hit where opponent is not).** S2.M8.7
	7. **Varies the speed and/or trajectory of the shot based on location of the object in relation to the target.** S2.M9.7
	7. **Uses a variety of shots (e.g., slap and run, bunt, line drive, high arc) to hit to open space.** S2.M10.7
	7. **Selects the correct defensive play based on the situation (e.g., number of outs).** S2.M11.7
	7. **Identifies and applies Newton's Laws of Motion to various rhythmic activities/dance or movement activities.** S2.M12.7
	7. **Analyzes the situation and makes adjustments to ensure the safety of self and others.** S2.M13.7
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	7. **Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.** S3.M1.7
	7. **Participates in a physical activity twice a week outside of physical education class.** S3.M2.7
	7. **Participates in a variety of strength-and endurance-fitness activities such as Pilates, resistance training, body-weight training and light free-weight training.** S3.M3.7
	7. **Identifies and participates in a variety of strength-and-endurance fitness activities such as weight or resistance training.** S3.M4.7
	7. **Identifies and participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities (e.g., sports, parks and recreation leagues, health clubs, walking and biking paths).** S3.M5.7
	7. **Identifies and participates in moderate to vigorous muscle- and bone-strengthening physical activity at least three times a week.** S3.M6.7
	7. **Distinguishes between health-related and skill-related fitness.** S3.M7.7
	7. **Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.** S3.M8.7

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	7. Describes and demonstrates the difference between dynamic and static stretches. S3.M9.7
	7. Describes the role of exercise and nutrition in weight management. S3.M10.7
	7. Describes the overload principle (FITT formula) for different types of physical activity, the training principles on which the formula is based and how the formula and principles affect fitness. S3.M11.7
	7. Designs a warm-up/cool down regimen for a self-selected physical activity. S3.M12.7
	7. Defines how the Borg Rating of Perceived Exertion (RPE) Scale can be used to determine perception of the work effort or intensity of exercise. S3.M13.7
	7. Describes how muscles pull on bones to create movement in pairs by relaxing and contracting. S3.M14.7
	7. Designs and implements a program of remediation for two areas of weakness based on the results of health-related fitness assessment (e.g., Presidential Youth Fitness Program, and other fitness programs). S3.M15.7
	7. Maintains a physical activity and nutrition log for at least two weeks and reflects on activity levels and nutrition as documented in the log. S3.M16.7
	7. Develops strategies for balancing healthy food, snacks and water intake, along with daily physical activity. S3.M17.7
	7. Practices strategies for dealing with stress such as deep breathing, guided visualization, and aerobic exercise. S3.M18.7
Exhibits responsible personal and social behavior that respects self and others.	7. Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. S4.M1.7
	7. Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class. S4.M2.7
	7. Provides corrective feedback to a peer, using teacher-generated guidelines and incorporating appropriate tone and other communication skills. S4.M3.7
	7. Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. S4.M4.7
	7. Problem solves with a small group of classmates during adventure activities, small-group initiatives or game play. S4.M5.7
	7. Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or following parameters to create or modify rhythmic activities/dance. S4.M6.7

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	7. **Independently uses physical activity and exercise equipment appropriately and safely.** S4.M7.7
	7. **Demonstrates competency in performing basic hands only cardiopulmonary resuscitation (CPR) and associated skills gained through psychomotor skills practice based on current national guidelines.** S4.M8.7
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	7. **Identifies different Identifies different types of physical activities and describes how each exerts a positive impact on health.** S5.M1.7
	7. **Identifies positive mental and emotional aspects of participating in a variety of physical activities.** S5.M2.7
	7. **Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge.** S5.M3.7
	7. **Identifies why self-selected physical activities create enjoyment.** S5.M4.7
	7. **Explains the relationship between self-expression and lifelong enjoyment through physical activity.** S5.M5.7
	7. **Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates.** S5.M6.7