South Dakota Physical Education

Grade 7

Adopted 2014

The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.

7. **Demonstrates correct rhythm and pattern for a different 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 during small-sided game play.** 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 small sided invasion games.** S1.M4.7
7. **Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, 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 hand 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 correct technique and accuracy in small-sided game play.** S1.M10.7
7. **Slides in any directions while on defense without crossing feet.** S1.M11.7
7. **Executes consistently a legal serve to a predetermined target for net/wall games (e.g., badminton, volleyball, pickleball).** S1.M12.7
7. **Strikes, with a mature overhand pattern, in a dynamic environment for net/wall games (e.g., volleyball, handball, badminton, tennis).** S1.M13.7
7. **Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games (e.g., badminton, tennis).** S1.M14.7

Skip to main content

	7. Transfers weight with correct timing using a low to high striking pattern with a short-handled implement on the forehand 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. Performs consistently a mature underhand pattern with accuracy and control for one target game (e.g., bowling, bocci, horseshoes). S1.M18.7
	7. Strikes, with an implement, a stationary object for accuracy and distance in activities (e.g., croquet, shuffleboard, 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
	7a. Demonstrates correct technique for a variety of skills in one self-selected individual-performance activity. S1.M24.7A
	7b. Demonstrate age-appropriate target zones for each of the health-related fitness components. S1.M24.7B
The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance 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 various offensive tactics to create open space (e.g., uses a variety of passes, pivots and fakes; give and go). S2.M2.7
	7. Executes various offensive tactics to create open space (e.g., uses a variety of passes, pivots and fakes; give and go). S2.M3.7
	7. Reduces open space on defense by staying close to the opponent as he/she nears the goal. S2.M4.7
	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
	7. Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. S2.M6.7

Skip to main content

	7. Creates open space in net/wall games with a long-handled implement by varying force, 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 Newton's laws of motion to various activities. S2.M12.7
	7. Demonstrate appropriate skills and use of equipment for a variety of activities. S2.M13.7
	7. Determine FITT components achieved during a variety of activities. S2.M14.7
The physically literate individual 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. Chooses to participate in a variety of cardiovascular, muscular strength, muscular endurance and flexibility activities with teacher guidance. S3.M3.7
	7. Actively engages in a variety of aerobic and strength activities using technology. S3.M4.7
	7. Participates in and analyzes a variety of lifetime recreational individual, dual, and team activities. S3.M5.7
	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
	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

Skip to main content

	7. Designs a warm-up/cool-down regimen for a self-selected physical activity. S3.M12.7
	7. Defines how perceived exertion can be used to determine 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. 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 to balance 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
The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.	**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
	7a. Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities/games or following parameters to create or modify a dance. S4.M6.7A
	7b. Exhibits the fundamentals of good sportsmanship. S4.M6.7B
	7. Independently uses physical activity and exercise equipment appropriately and safely. S4.M7.7
The physically literate ind... th... act...	**7.** Identifies different types of physical activities and describes how each exerts a positive impact on overall physical and mental health. S5.M1.7

Skip to main content

enjoyment, challenge, self-expression, employment opportunities and social interaction.

7. **Identifies positive mental and emotional aspects of participating in a variety of physical activities.** S5.M2.7

7. **Generates positive strategies (e.g., 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