Tennessee Physical Education

Grade 7

Adopted 2016

Motor Skills

1. **Invasion Games/Throwing** MS.1
   7. Using a mature overhand pattern, throws to a partner at varying distances. MS.1.7
2. **Invasion Games/Catching** MS.2
   7. Using a mature pattern, catches at different levels and extensions with passive defense. MS.2.7
3. **Invasion/Receiving** MS.3
   7. Passes/receives with hands/feet/implement while passing against a defender (small group). MS.3.7
4. **Invasion Games/Passing and Receiving** MS.4
   7. Passes and receives utilizing various pathways with a single defender (small group). MS.4.7
5. **Invasion Games/Offensive Skills** MS.5
   7. With defensive pressure, performs offensive skills (pivots, fakes, change of direction, and give and go) to create open space. MS.5.7
6. **Invasion Games/Sports-Ball Control** MS.6
   7. Demonstrates dominate and non-dominant side (hand or foot) dribble while changing directions. MS.6.7
7. **Invasion Games/Sports-Ball Control** MS.7
   7. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement with a defender. MS.7.7
8. **Invasion Games/Sports-Shooting on Goal** MS.8
   7. Shoots on goal with appropriate force and accuracy with a defender. MS.8.7
9. **Invasion Games/Sports-Defensive Skills** MS.9
   7. Performs a defensive slide without crossing feet. MS.9.7
10. **Games/Sports-Serving (Net/Wall)** MS.10
    7. Performs a serve (underhand/overhand) with a mature pattern to a predetermined target. MS.10.7

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11. **Games/Sports-Striking (Net/Wall)** MS.11

    7. Strikes with an overhand pattern with appropriate distance and force during challenge activities. MS.11.7

12. **Games/Sports-Forehand/Backhand** MS.12

    7. Using either a short or long handled implement successfully rallies with a partner. MS.12.7

13. **Net/wall Games/Sports-Volley** MS.13

    7. Executes a forearm volley with accuracy. MS.13.7

14. **Game/Sports-Target (Striking)** MS.14

    7. Strikes a stationary object with an implement with accuracy from varying distances. MS.14.7

15. **Games/Sports-Field(Strike)** MS.15

    7. Strikes a pitched ball with an implement with force and accuracy. MS.15.7

16. **Games/Sports-Field (Fielding)** MS.16

    7. Catch (field) an object from different directions and force. MS.16.7

17. **Fitness (types of activities)** MS.17

    7. Participates in a variety of strength and endurance activities (weight training, resistance training, free-weights). MS.17.7

18. **Fitness (intensity)** MS.18

    7. Participates in moderate to vigorous strengthening activities. MS.18.7

19. **Fitness (flexibility)** MS.19

    7. Uses correct techniques for dynamic stretching to improve flexibility. MS.19.7

20. **Rhythms & Dance** MS.20

    7. Demonstrates proper sequence of a dance with at least 32 counts in 2 or more dances. MS.20.7

21. **Rhythms & Dance** MS.21

    7. Performs a partner dance to varying tempos. MS.21.7

22. **Educational Gymnastics** MS.22

    7. Creates and demonstrates an educational gymnastics routine with at least 4 elements. MS.22.7

Aquatics MS.23

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7. Demonstrates basic floating technique (front and back) and treading water. MS.23.7

24. Outdoor Pursuits MS.24

7. Demonstrates correct technique for basic skills in 2 selected outdoor activities (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.7

Cognitive Concepts

1. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.1

7. Evaluates a peer's performance using the critical elements. CC.1.7

2. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.2

7. Uses a teacher generated checklist to evaluate a peer's skill performance in a game situation. CC.2.7

3. Games/Sports- Creating Space CC.3

7. Creates open space by staying spread on offense. CC.3.7

4. Games/Sports- Reducing Space CC.4

7. Executes the correct defensive position and movement based on the situation. CC.4.7

5. Games/Sports-Denial CC.5

7. When appropriate, denies the pass or catch to work toward deflection. CC.5.7

6. Games/Sports-Transition CC.6

7. Successfully transitions quickly from offense/defense and defense/offense while communicating with team mates and maintaining proper spacing. CC.6.7

7. Games/Sports-Tactics/Shots CC.7

7. Executes appropriate shots to open space based on opponents location. CC.7.7

8. Games/Sports-Shot Selection CC.8

7. Controls speed and/or trajectory of the shot based on the location of the target or opponent. CC.8.7

9. Games/Sports-Offensive Strategies CC.9

7. Explains intended location and provides a description of shot selection (lob, high arc, line drive). CC.9.7

10. Outdoor Pursuits-Movement Concepts CC.10

7. Analyzes and makes adjustments based on variables (e.g., skill, fitness, conditions, equipment). CC.10.7

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Fitness And Physical Activiy (FPA)

1. **Physical Activity Knowledge** FPA.1
   7. Defines the importance of daily physical activity. FPA.1.7
2. **Fitness Knowledge** FPA.2
   7. Differentiates between health related (cardiovascular; muscular strength, muscular endurance, body composition, flexibility) and skill related fitness. FPA.2.7
3. **Fitness Knowledge** FPA.3
   7. Interprets the Rate of Perceived Exertion (RPE) scale as it relates to intensity. FPA.3.7
4. **Fitness Knowledge** FPA.4
   7. Explains how the FITT principle relates to fitness and physical activity. FPA.4.7
5. **Fitness Knowledge** FPA.5
   7. Identifies the major muscles used in selected physical activity. FPA.5.7
6. **Assessment & Planning** FPA.6
   7. Designs a plan to improve one health-related component based on the results of fitness log and fitness test data. FPA.6.7

Personal & Social Responsibility (PSR)

1. **Personal and Social Responsibility** PSR.1
   7. Exhibits responsible social behaviors by cooperating with classmates. PSR.1.7
2. **Rules & Etiquette** PSR.2
   7. Demonstrates knowledge of rules and etiquette during game like activities. PSR.2.7
3. **Rules & Etiquette** PSR.3
   7. Recognizes potential conflicts and demonstrate proactive ways to prevent conflict. PSR.3.7
4. **Cooperation** PSR.4
   7. Cooperates respectfully with peers in a small group. PSR.4.7

Values Physical Activity (VPA)

1. **Appreciation** VPA.1
   7. Shares how physical activity benefits oneself both physically and emotionally. VPA.1.7
2. **Challenge** VPA.2
   7. Uses positive coping strategies in a group setting. VPA.2.7