Texas Physical Education

Grade 7

Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to: 7.1	**a** combine and apply a variety of locomotor skills during dynamic fitness, sport, and rhythmic activities; and 7.1.A
	b apply correct jumping and landing technique during dynamic activities, game situations, and sports. 7.1.B
Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to: 7.2	**a** move between positions with controlled balance during dynamic activities, game situations, and sports; and 7.2.A
	b demonstrate proper body positioning, proficiency, and footwork and perform offensive and defensive skills during dynamic activities, game situations, and sports. 7.2.B
Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to: 7.3	**a** apply correct throwing techniques with distance, power, and accuracy while both partners are moving during dynamic activities, game situations, and sports; 7.3.A
	b apply correct catching technique with a variety of objects from different levels and trajectories during dynamic activities, game situations, and sports; 7.3.B
	c apply offensive and defensive patterns in game strategies while hand dribbling; 7.3.C
	d apply offensive and defensive foot dribbling strategies during game situations and sports; 7.3.D
	pply correct technique in kicking and punting with control, distance, and ccuracy during game situations and sports; 7.3.E

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	f apply correct technique in volleying with both control and accuracy during game situations and sports; 7.3.F
	g apply correct technique when striking an object with speed, accuracy, force, and distance during game situations and sports; and 7.3.G
	h create and perform a jump rope routine using a variety of skills that require agility, speed, and endurance. 7.3.H
Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to: 7.4	**a** execute the appropriate use of open space and closing space during dynamic activities, games, and sports; and 7.4.A
	b execute the appropriate use of speed, direction, and force with or without an implement during dynamic activities, games, and sports. 7.4.B
Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to perform rhythmic routines with advanced steps and movement patterns with a partner. 7.5	**5** Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to perform rhythmic routines with advanced steps and movement patterns with a partner. 7.5
Performance strategies--games and activities. The physically literate student demonstrates competency in performance strategies in invasion, target, net or wall, fielding, striking, and cooperative games. The student is expected to:	**a** apply offensive and defensive strategies used in net or wall, invasion, target, striking, and fielding games and sports; 7.6.A
	b apply combinations or sequences of game skills to achieve individual or team goals; and 7.6.B
	c demonstrate self-responsibility and appropriate sporting behavior in game situations and sports. 7.6.C

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Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to demonstrate a variety of correct techniques for outdoor recreational skills, activities, and games. 7.7	**7 Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to demonstrate a variety of correct techniques for outdoor recreational skills, activities, and games.** 7.7
Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to: 7.8	**a analyze the long-term benefits of moderate to vigorous physical activity on overall health and wellness;** 7.8.A **b apply basic frequency, intensity, time, and type (FITT) principle in a variety of aerobic and anaerobic activities; and** 7.8.B **c apply health-related and skill-related fitness components and explain how each component impacts personal fitness.** 7.8.C
Health, physical activity, and fitness--analyze data. The physically literate student demonstrates competency in the ability to analyze data used during fitness performance. The student is expected to: 7.9	**a create a collaborative physical fitness plan to target areas for improvement in health-related fitness; and** 7.9.A **b monitor and evaluate personal fitness goals and make appropriate changes for improvement.** 7.9.B
Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to:	**a evaluate healthy food choices that show a balanced daily intake of macronutrients to enhance physical performance; and** 7.10.A **b analyze and determine the appropriate times to consume traditional sports drinks that have the appropriate carbohydrate and sodium content.** 7.10.B

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Health, physical activity, and fitness--environmental awareness and safety practices. The physically literate student demonstrates competency in environmental awareness and understands safety practices. The student is expected to: 7.11	**a** perform, without cue, the selection and use of proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities, games, and sports; and 7.11.A
	b perform, without cue, the correct safety precautions, including water, sun, cycling, skating, and scooter safety. 7.11.B
Social and emotional health--personal responsibility and self-management. The physically literate student demonstrates competency in personal responsibility. The student is expected to: 7.12	**a** discuss the importance of and demonstrate respect for differences and similarities in abilities of self and others during game situations and sports; and 7.12.A
	b analyze self-management skills to demonstrate self-control of impulses and emotions, without cue, during game situations and sports. 7.12.B
Social and emotional health--resolving conflict and social interaction. The physically literate student demonstrates competency in resolving conflict and social interaction. The student is expected to: 7.13	**a** discuss the importance of and resolve conflict, without cue, in socially acceptable ways, and respond to winning and losing with dignity and understanding; 7.13.A
	b communicate effectively to enhance healthy interactions while settling disagreements; and 7.13.B
	c demonstrate empathy and mutual respect for the feelings of others. 7.13.C
Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to develop and apply a plan of action and make effective decisions when faced with challenges, ob du and sports. 7.14	**14** Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to develop and apply a plan of action and make effective decisions when faced with challenges, obstacles, or difficulties during game situations and sports. 7.14

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Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to provide constructive feedback to peers following teacher guidelines to improve performance. 7.15	**15 Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to provide constructive feedback to peers following teacher guidelines to improve performance.** 7.15
Lifetime wellness--application of lifetime wellness. The physically literate student identifies the value of lifetime wellness. The student is expected to: 7.16	**a implement a plan using available technology to participate in moderate to vigorous physical activity for a sustained period of time on a regular basis; and** 7.16.A **b evaluate self-selected physical activities for personal enjoyment.** 7.16.B