Washington Health and Physical Education

Physical: Grade 7

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Throw**
   7. Perform a throw (underhand and overhand) with mature pattern for distance and accuracy during small-sided game play. PE1.1.7

2. **Catch**
   7. Perform a catch with mature pattern with hands or an implement in small-sided game play. PE1.2.7

3. **Pass and Receive**
   7. Perform passing and receiving with hand, foot, or implement with competency (including leading pass) while moving and changing direction and speed in small-sided game play. PE1.3.7

4. **Dribble**
   7. Perform dribbling skills with preferred and non-preferred hand, foot, or implement with competency while moving and changing direction and speed in small-sided game play. PE1.4.7

5. **Strike**
   7. Perform underhand and overhand striking with competency with and without an implement in small-sided game play. PE1.5.7

6. **Forehand and Backhand**
   7. Perform forehand and backhand strikes with competency using weight transfer and correct timing with a long-handled implement in small-sided game play. PE1.6.7

7. **Shoot**
   7. Perform shooting on goal or target with power and accuracy in small-sided game play. PE1.7.7

8. **Serve**
   7. Perform an underhand and overhand serve with control, weight transfer, and competency in small-sided game play. PE1.8.7

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9. **Volley**

7. Perform forehand- and backhand-volleys with control and competency with and without a short- or long-handled implement in small-sided game play. PE1.9.7

10. Offensive Skills

7. Perform pivots and defensive pressure in small-sided game play. PE1.10.7

11. Defensive Skills

7. Perform defensive positioning while moving without crossing feet in small-sided game play. PE1.11.7

12. Individual-Performance Activities

7. Perform correct technique for a variety of skills in one selected individual performance activity. PE1.12.7

13. Outdoor Pursuits

7. Perform correct technique for a variety of skills in one selected outdoor activity. PE1.13.7

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Invasion Games, Offensive Tactics

7. Demonstrate at least two of the following offensive tactics to create open space: move to open space on and off the ball; use a variety of passes, pivots, and fakes; use the width and length of the field or court on offense; create open space by staying spread out on offense; cut and pass quickly. PE2.1.7

2. Invasion Games, Defensive Tactics

7. Demonstrate reducing open space on defense by staying on the goal side of the offensive player. PE2.2.7

3. Invasion Games, Transitions

7. Demonstrate transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. PE2.3.7

4. Net and Wall Games, Creating Space

7. Create open space in net and wall games by moving opponent from side to side and/or forward and backward. PE2.4.7

5. Net and Wall Games, Tactics and Shots

7. Demonstrate offensive shot based on opponent's location. PE2.5.7

6. Field and Strike, Offensive Tactics

7. Demonstrate a variety of shots to hit to open space. PE2.6.7

7. Field and Strike, Defensive Tactics

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7. Select the correct defensive play based on the situation. PE2.7.7

8. **Target Games**

    7. Determine how to vary the speed or trajectory of the shot based on location of the object in relation to the target. PE2.8.7

9. **Movement and Rhythm**

    7. Identify how mechanical advantage (Newton's Laws) can affect movement performance. PE2.9.7

10. **Outdoor Pursuits**

    7. Analyze a situation and make appropriate decisions, based on level of difficulty due to conditions and ability, to ensure safety of self and others. PE2.10.7

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. **Benefit of Physical Activity**

    7. Describe how being physically active contributes to mental health. PE3.1.7

2. **Engagement in Physical Activity**

    7. Participate in physical activity two times per week outside of physical education class. PE3.2.7

3. **Components of Fitness**

    7. Identify health-related and skill-related components of fitness for specific physical activities. PE3.3.7

4. **Health-Related Fitness**

    a. Differentiate between muscular strength and muscular endurance. PE3.4.7.A

    b. Demonstrate difference between dynamic and static stretches. PE3.4.7.B

    c. Describe when to use dynamic and static stretches. PE3.4.7.C

    d. Describe relationship between cardiorespiratory endurance activities and intensity (Borg rating). PE3.4.7.D

5. **FITT Principle**

    7. Describe the FITT principle for muscular strength, muscular endurance, and flexibility. PE3.5.7

6. **Phases of Exercise**

    7. Design a warm-up or cool-down for a self-selected physical activity. PE3.6.7

7. **Engagement in Fitness Activities**

    7. Participate in a variety of cardiorespiratory endurance, muscular strength, and muscular endurance fitness activities. PE3.7.7

Body Systems

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7. Describe how muscles pull on bones to create movement in pairs by relaxing and contracting. PE3.8.7

9. Nutrition

a. Explain why the six essential nutrients (carbohydrates, fats, proteins, vitamins, minerals, water) are needed for physical performance. PE3.9.7.A

b. Explain relationship of caloric intake and expenditure to weight management and investigate strategies for balancing calories. PE3.9.7.B

10. Goal-Setting

7. Use a SMART goal to improve or maintain two areas of health-related fitness based on fitness assessments. PE3.10.7

11. Physical Activity and Nutrition Log

7. Maintain and reflect on a personal physical activity and hydration log and set goals for improvement. PE3.11.7

Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

7. Exhibit responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. PE4.1.7

2. Rules and Etiquette

7. Demonstrate knowledge of rules and etiquette by self-officiating physical activities and games. PE4.2.7

3. Receiving and Providing Feedback

7. Demonstrate responsibility by providing and accepting specific corrective feedback to improve performance. PE4.3.7

4. Working with Others

7. Demonstrate cooperative skills by establishing rules and guidelines for resolving conflicts. PE4.4.7

5. Safety

7. Independently use physical activity and fitness equipment appropriately and safely. PE4.5.7

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. Challenge

7. Use positive strategies when faced with a group challenge. PE5.1.7

2. Self-Expression and Enjoyment

a. Identify why self-selected physical activities create enjoyment. PE5.2.7.A

b. Explain the relationship between self-expression and lifelong enjoyment through physical activity. PE5.2.7.B

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3. Social Interaction

7. Demonstrate importance of social interaction by avoiding trash talk and playing in the spirit of activities and games. PE5.3.7