

Grade 7

Movement Forms/Development of Motor Skills

- 39** Participate in a variety of individual, dual, and team sports. [WE.7.39](#)
- 40** Participate in a variety of non-competitive individual activities. [WE.7.40](#)
- 41** Create and perform a dance sequence in time to music. [WE.7.41](#)

Physical Activity

- 42** Identify opportunities for physical activity available in the community and/or state (e.g., bicycling, golfing, white water rafting, kayaking, hunting, fishing, skiing, mountain biking, hiking, rock climbing). [WE.7.42](#)
- 43** Participate in physical activities both in and outside school. [WE.7.43](#)

Physical Fitness

- 44** Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [WE.7.44](#)
- 45** Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [WE.7.45](#)
- 46** Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [WE.7.46](#)
- 47** Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [WE.7.47](#)
- 48** Identify personal fitness needs and participate in physical activities to improve individualized goals. [WE.7.48](#)
- 49** Explain how the principles of progression and overload improve personal fitness performance. [WE.7.49](#)
- 50** Differentiate between health-related fitness (e.g. cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility) and skill related fitness (e.g. speed, agility, balance, reaction time, power, coordination). [WE.7.50](#)

Responsible Personal and Social Behavior

- 51** Demonstrate cooperative team building skills appropriate for physical activity (e.g., equal opportunity for participation). [WE.7.51](#)
- 52** Demonstrate appropriate conflict resolution skills (e.g., peer mediation). [WE.7.52](#)

53 Demonstrate knowledge of rules, etiquette, and safety while participating in various physical activities (e.g. sportsmanship, fair play). WE.7.53