

Seventh Grade Physical Education Curriculum

MOTOR SKILLS

7.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.7.MS.1.1: Execute complex combinations of movements specific to game, sport, or physical activity settings in at least one of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.
- PE.7.MS.1.2: Illustrate fundamental motor skills and complex skills that contribute to movement proficiency in small-sided game situations.
- PE.7.MS.1.3: Execute basic offensive and defensive strategies for an invasion game or net/wall activity.
- PE.7.MS.1.4: Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

MOVEMENT CONCEPTS

7.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.7.MC.2.1: Apply concepts from other disciplines, such as physics, to movement skills.
- PE.7.MC.2.2: Contrast information from a variety of sources, both internal and external, in terms of their relevance to guiding, improving, and modifying performance.
- PE.7.MC.2.3: Apply game strategies and tactics at appropriate times and in appropriate ways.
- PE.7.MC.2.4: Understand the relationship between one's social life and healthy habits, such as physical activity, nutrition, and sleep.

HEALTH-RELATED FITNESS

7.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.7.HF.3.1: Use the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment to self evaluate fitness levels.
- PE.7.HF.3.2: Analyze data to examine the relationship between physical activity and caloric intake.
- PE.7.HF.3.3: Illustrate a variety of training methods.

PERSONAL/SOCIAL RESPONSIBILITY

7.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.7.PR.4.1: Contrast between appropriate and inappropriate strategies to seek greater independence from adults when completing assigned tasks.
- PE.7.PR.4.2: Contrast between appropriate and inappropriate strategies for communicating ideas and feelings.
- PE.7.PR.4.3: Understand the role of diversity in physical activity, respecting limitations and strengths of members of a variety of groups.