

# Grade 7

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 7.1

## 1 Individual-Performance Activities 7.1.1

A Performs correct technique for a variety of skills in one selected individual performance activity. 7.1.1.A

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## 2 Outdoor Pursuits 7.1.2

A Performs correct technique for a variety of skills in one selected outdoor activity. 7.1.2.A

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## 3 Dance and Rhythm 7.1.3

A Demonstrates correct rhythm and pattern for two of the following activities: dance, including folk, social, creative, line, and world; jump bands; and cardio drumming). 7.1.3.A

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## 4 Throwing 7.1.4

A Performs a mature throwing (underhand and overhand) pattern for accuracy in a dynamic environment. 7.1.4.A

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## 5 Catching 7.1.5

A Performs a mature catching pattern from a variety of trajectories using different objects during small-sided game play. 7.1.5.A

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## 6 Passing and Receiving 7.1.6

A Performs passing and receiving with hands, feet, or implements with competency while moving, changing direction, and speed during small-sided game play. 7.1.6.A

B Demonstrates a lead pass with competency, while moving, to a moving receiver. 7.1.6.B

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## 7 Dribbling 7.1.7

A Performs dribbling skills with dominant and nondominant hand, foot, and implements with control while moving, changing directions, and speed in a variety of practice tasks. 7.1.7.A

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**8 Striking** 7.1.8

- A Performs striking with competency in a dynamic environment. 7.1.8.A
  - B Performs striking a stationary object for accuracy and distance, using an implement, with competency in activities (such as golf, hockey). 7.1.8.B
  - C Performs striking a moving object to open space, with competency, using an implement in a variety of practices. 7.1.8.C
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**9 Forehand and Backhand** 7.1.9

- A Performs forehand and backhand strokes with competency while transferring weight with correct timing, using a short- or long-handled implement in a dynamic environment. 7.1.9.A
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**10 Shooting** 7.1.10

- A Performs shooting on goal with competency and accuracy in a dynamic environment. 7.1.10.A
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**11 Serving** 7.1.11

- A Performs an underhand or overhand serve to a target with competency, control, and weight transfer. 7.1.11.A
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**12 Volleying** 7.1.12

- A Performs controlled forehand and backhand volleys with competency with a short- or long-handled implement in a dynamic environment. 7.1.12.A
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**13 Offensive Skills** 7.1.13

- A Performs at least one movement without the ball or object (such as the pivot, give and go, fakes, or jab steps). 7.1.13.A
  - B Performs at least one movement with the ball or object (such as dribbling) against defensive pressure to create open space. 7.1.13.B
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**14 Defensive Skills** 7.1.14

- A Performs the defensive position and slides in all directions without crossing the feet in a dynamic environment. 7.1.14.A
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**The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.** 7.2

**1 Target Games** 7.2.1

- A Determines how to change speed and/or trajectory of the shot based on location of the object in relation to the target. 7.2.1.A
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**2 Movement and Rhythm** 7.2.2

- A Applies Newton's law of motion to various movement activities. 7.2.2.A

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### 3 Outdoor Pursuits 7.2.3

- A Analyzes the situation and makes appropriate decisions to ensure the safety of self and/or others. 7.2.3.A

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### 4 Offensive Tactics 7.2.4

- A Demonstrates at least two ways to create open space (such as moving to open space without a ball or object; using a variety of passes, pivots, and fakes; using the give and go maneuver; using the width and length of the field/court; staying spread out on offense; cutting and passing quickly). (invasion games) 7.2.4.A
- B Demonstrates a variety of shots to hit to open space. (field and strike games) 7.2.4.B

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### 5 Defensive Tactics 7.2.5

- A Demonstrates at least two ways to reduce open space (such as changing body position; by not allowing the catch (denial); allowing the catch, but not the return pass; staying close to the opponent as they near the goal). (invasion games) 7.2.5.A
- B Selects the correct defensive play based on the situation. (field and strike games) 7.2.5.B

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### 6 Transitions, Invasion Games 7.2.6

- A Demonstrates the transitions from offense to defense and defense to offense by recovering quickly and communicating with teammates. 7.2.6.A

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### 7 Creating Space, Net and Wall Games 7.2.7

- A Creates open space by varying force and direction, and forcing the opponent to move from side to side. 7.2.7.A

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### 8 Tactics and Shots, Net and Wall Games 7.2.8

- A Demonstrates an offensive shot based on the opponent's location (hit where the opponent is not). 7.2.8.A

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**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 7.3

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### 1 Physical Activity Benefits 7.3.1

- A Identifies barriers related to maintaining a physically active lifestyle and identifies solutions for eliminating those barriers. 7.3.1.A

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### 2 Engagement in Physical Activity 7.3.2

- A Participates in physical activity twice a week outside of physical education class. 7.3.2.A

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### 3 Components of Fitness 7.3.3

- A Identifies the difference between health-related and skill-related fitness. 7.3.3.A

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#### **4 Health-Related Fitness** 7.3.4

- A Differentiates between muscular strength and muscular endurance activities. 7.3.4.A
  - B Describes and demonstrates the differences between dynamic and static stretches. 7.3.4.B
  - C Describes the relationship between cardiorespiratory activities and exercise intensity (such as the Borg Rating of Perceived Exertion (RPE), the OMNI Scale, Heart Rate Monitors, or taking a heart rate manually). 7.3.4.C
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#### **5 FITT Principle** 7.3.5

- A Describes the FITT principle (frequency, intensity, time, type) for muscular endurance, muscular strength, and flexibility. 7.3.5.A
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#### **6 Phases of Exercise** 7.3.6

- A Designs a warm-up or cool-down for a self-selected physical activity. 7.3.6.A
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#### **7 Engagement in Fitness Activities** 7.3.7

- A Participates in a variety of cardiorespiratory endurance, muscular endurance, and muscular strength activities. 7.3.7.A
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#### **8 Body Systems** 7.3.8

- A Describes how muscles pull on bones to create movement in pairs by relaxing and contracting. 7.3.8.A
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#### **9 Nutrition** 7.3.9

- A Explains the relationship of caloric intake and expenditure to weight management, and investigates strategies for balancing calories. 7.3.9.A
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#### **10 Goal-Setting** 7.3.10

- A Uses a SMART (specific, measurable, attainable, realistic, and timely) goal to improve or maintain two areas of health-related fitness based on a fitness assessment. 7.3.10.A
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#### **11 Physical Activity and Nutrition Log** 7.3.11

- A Maintains and reflects on a personal physical activity and hydration log to document learning and set goals for improvement. 7.3.11.A
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**The physically literate individual exhibits responsible personal and social behavior that respects self and others.** 7.4

#### **1 Personal Responsibility** 7.4.1

- A Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. 7.4.1.A

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**2 Rules and Etiquette** 7.4.2

- A Demonstrates knowledge of rules and etiquette by self-officiating physical activities and games or following parameters to create or modify a dance or rhythmic activity. 7.4.2.A

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**3 Receiving and Providing Feedback** 7.4.3

- A Provides corrective feedback to a peer using a teacher-generated rubric, while using appropriate tone and other communication skills. 7.4.3.A

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**4 Working with Others** 7.4.4

- A Demonstrates cooperation by establishing rules and guidelines for resolving conflicts. 7.4.4.A

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**5 Safety** 7.4.5

- A Independently uses all equipment for physical activity and fitness appropriately and safely. 7.4.5.A

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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression, and/or social interaction.** 7.5

**1 Health** 7.5.1

- A Identifies different types of physical activities and describes how each has a positive impact on health. 7.5.1.A

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**2 Challenge** 7.5.2

- A Uses positive strategies when faced with a group challenge (such as offering suggestions or assistance, leading or following others, and providing possible solutions). 7.5.2.A

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**3 Self-Expression and Enjoyment** 7.5.3

- A Identifies why self-selected physical activities create enjoyment. 7.5.3.A
- B Explains the relationship between self-expression and lifelong enjoyment through physical activity. 7.5.3.B

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**4 Social Interaction** 7.5.4

- A Demonstrates the importance of social interaction by avoiding negative talk and helping and encouraging others in various physical activities and games. 7.5.4.A