

Grade 7

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 Demonstrates mature forms of specialized skills in a variety of games and sports. 1.1.7

Dance, Movement, and Rhythmic Activities

- 2 Demonstrates mature forms of specialized skills in dance, movement, and rhythmic activities. 1.2.7

Fitness Activities

- 3 Demonstrates mature forms of specialized skills in a variety of fitness activities. 1.3.7

Lifetime Activities

- 4 Demonstrates mature forms of specialized skills in lifetime activities. 1.4.7

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.7

Strategies and Tactics

- 2 Applies maturing forms of strategies, tactics, and communication independently in small-sided game play and other physical activities. 2.2.7

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Applies the FITT principle to one health-related component of fitness. 3.1.7

Additional Health-Enhancing Behaviors

- 2 Applies strategies to improve health-enhancing behaviors. 3.2.7

Exhibits responsible personal and social behavior that respects self and others. 4

Self-awareness and management

- 1 Responds appropriately to corrective feedback in physical activity settings. 4.1.7

Social awareness and relationship skills

- 2 Demonstrates civility by cooperating with classmates in physical activity settings. 4.2.7

Responsible decision making

- 3 Applies problem-solving skills and conflict resolution tactics in physical activity settings. 4.3.7
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Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

Overall Wellness

- 1 Identifies mental and emotional benefits of participation in a variety of physical activities. 5.1.7
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Challenge

- 2 Creates strategies and solutions when presented with a group physical activity challenge. 5.2.7
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Self-Expression/Enjoyment

- 3 Describes the relationship between self-expression and enjoyment through a variety of physical activities. 5.3.7
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Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

Personal and Community Resources

- 1 Identifies supports and barriers related to personal and community resources that can impact participation in physical activity. 6.1.7
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Careers

- 2 Compares and contrasts career options related to physical activity and fitness. 6.2.7