

Grade 7

Adopted 2016

Motor Skills

1. Invasion Games/Throwing MS.1

7. Using a mature overhand pattern, throws to a partner at varying distances. MS.1.7
-

2. Invasion Games/Catching MS.2

7. Using a mature pattern, catches at different levels and extensions with passive defense. MS.2.7
-

3. Invasion/Receiving MS.3

7. Passes/receives with hands/feet/implement while passing against a defender (small group). MS.3.7
-

4. Invasion Games/Passing and Receiving MS.4

7. Passes and receives utilizing various pathways with a single defender (small group). MS.4.7
-

5. Invasion Games/Offensive Skills MS.5

7. With defensive pressure, performs offensive skills (pivots, fakes, change of direction, and give and go) to create open space. MS.5.7
-

6. Invasion Games/Sports-Ball Control MS.6

7. Demonstrates dominate and non-dominant side (hand or foot) dribble while changing directions. MS.6.7
-

7. Invasion Games/Sports-Ball Control MS.7

7. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement with a defender. MS.7.7
-

8. Invasion Games/Sports-Shooting on Goal MS.8

7. Shoots on goal with appropriate force and accuracy with a defender. MS.8.7
-

9. Invasion Games/Sports-Defensive Skills MS.9

7. Performs a defensive slide without crossing feet. MS.9.7
-

10. Games/Sports-Serving (Net/Wall) MS.10

7. Performs a serve (underhand/overhand) with a mature pattern to a predetermined target. MS.10.7

11. Games/Sports-Striking (Net/Wall) MS.11

7. Strikes with an overhand pattern with appropriate distance and force during challenge activities. MS.11.7
-

12. Games/Sports-Forehand/Backhand MS.12

7. Using either a short or long handled implement successfully rallies with a partner. MS.12.7
-

13. Net/wall Games/Sports-Volley MS.13

7. Executes a forearm volley with accuracy. MS.13.7
-

14. Game/Sports-Target (Striking) MS.14

7. Strikes a stationary object with an implement with accuracy from varying distances. MS.14.7
-

15. Games/Sports-Field(Strike) MS.15

7. Strikes a pitched ball with an implement with force and accuracy. MS.15.7
-

16. Games/Sports-Field (Fielding) MS.16

7. Catch (field) an object from different directions and force. MS.16.7
-

17. Fitness (types of activities) MS.17

7. Participates in a variety of strength and endurance activities (weight training, resistance training, free-weights). MS.17.7
-

18. Fitness (intensity) MS.18

7. Participates in moderate to vigorous strengthening activities. MS.18.7
-

19. Fitness (flexibility) MS.19

7. Uses correct techniques for dynamic stretching to improve flexibility. MS.19.7
-

20. Rhythms & Dance MS.20

7. Demonstrates proper sequence of a dance with at least 32 counts in 2 or more dances. MS.20.7
-

21. Rhythms & Dance MS.21

7. Performs a partner dance to varying tempos. MS.21.7
-

22. Educational Gymnastics MS.22

7. Creates and demonstrates an educational gymnastics routine with at least 4 elements. MS.22.7

23. Aquatics MS.23

7. Demonstrates basic floating technique (front and back) and treading water. MS.23.7
-

24. Outdoor Pursuits MS.24

7. Demonstrates correct technique for basic skills in 2 selected outdoor activities (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.7
-

Cognitive Concepts

1. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.1

7. Evaluates a peer's performance using the critical elements. CC.1.7
-

2. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.2

7. Uses a teacher generated checklist to evaluate a peer's skill performance in a game situation. CC.2.7
-

3. Games/Sports- Creating Space CC.3

7. Creates open space by staying spread on offense. CC.3.7
-

4. Games/Sports- Reducing Space CC.4

7. Executes the correct defensive position and movement based on the situation. CC.4.7
-

5. Games/Sports-Denial CC.5

7. When appropriate, denies the pass or catch to work toward deflection. CC.5.7
-

6. Games/Sports-Transition CC.6

7. Successfully transitions quickly from offense/defense and defense/offense while communicating with team mates and maintaining proper spacing. CC.6.7
-

7. Games/Sports-Tactics/Shots CC.7

7. Executes appropriate shots to open space based on opponents location. CC.7.7
-

8. Games/Sports-Shot Selection CC.8

7. Controls speed and/or trajectory of the shot based on the location of the target or opponent. CC.8.7
-

9. Games/Sports-Offensive Strategies CC.9

7. Explains intended location and provides a description of shot selection (lob, high arc, line drive). CC.9.7

10. Outdoor Pursuits-Movement Concepts CC.10

7. Analyzes and makes adjustments based on variables (e.g., skill, fitness, conditions, equipment). CC.10.7
-

Fitness And Physical Activity (FPA)

1. Physical Activity Knowledge FPA.1

7. Defines the importance of daily physical activity. FPA.1.7
-

2. Fitness Knowledge FPA.2

7. Differentiates between health related (cardiovascular; muscular strength, muscular endurance, body composition, flexibility) and skill related fitness. FPA.2.7
-

3. Fitness Knowledge FPA.3

7. Interprets the Rate of Perceived Exertion (RPE) scale as it relates to intensity. FPA.3.7
-

4. Fitness Knowledge FPA.4

7. Explains how the FITT principle relates to fitness and physical activity. FPA.4.7
-

5. Fitness Knowledge FPA.5

7. Identifies the major muscles used in selected physical activity. FPA.5.7
-

6. Assessment & Planning FPA.6

7. Designs a plan to improve one health-related component based on the results of fitness log and fitness test data. FPA.6.7
-

Personal & Social Responsibility (PSR)

1. Personal and Social Responsibility PSR.1

7. Exhibits responsible social behaviors by cooperating with classmates. PSR.1.7
-

2. Rules & Etiquette PSR.2

7. Demonstrates knowledge of rules and etiquette during game like activities. PSR.2.7
-

3. Rules & Etiquette PSR.3

7. Recognizes potential conflicts and demonstrate proactive ways to prevent conflict. PSR.3.7
-

4. Cooperation PSR.4

7. Cooperates respectfully with peers in a small group. PSR.4.7
-

Values Physical Activity (VPA)

1. Appreciation VPA.1

7. Shares how physical activity benefits oneself both physically and emotionally. VPA.1.7

2. Challenge VPA.2

7. Uses positive coping strategies in a group setting. VPA.2.7