

## 7<sup>th</sup> Grade Physical Education

|                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                           |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <p><b>7.5 Movement</b></p> <p>All students will achieve optimal wellness by learning and applying movement concepts and skills.</p> | <p>A. Movement Skills and Concepts</p> <ul style="list-style-type: none"> <li>§ Demonstrate mechanically correct form and control when using and combining movement skills in applied settings.</li> <li>§ Apply the impact of various applications of force and motion during physical activity.</li> <li>§ Compare the use of movement skills across various forms of physical activity and transfer a movement skill from one activity to another.</li> <li>§ Use information from internal (self-evaluation) and external (peers, teachers) sources to set goals to improve performance.</li> <li>§ Compare the use of space and flow in physical activities.</li> <li>§ Summarize how movement can be made more interesting, creative, or effective.</li> <li>§ Discuss the stages of movement skill development and support the importance of practice to improve performance.</li> </ul> <p>B. Strategy</p> <ul style="list-style-type: none"> <li>§ Compare offensive, defensive, and cooperative strategies and use them effectively in applied settings.</li> </ul> <p>C. Sportsmanship</p> <ul style="list-style-type: none"> <li>§ Identify participant and observer behaviors for evidence of good sportsmanship.</li> </ul> <p>D. Rules and Safety</p> <ul style="list-style-type: none"> <li>§ Use general and activity specific rules and analyze their impact on participation in physical activity.</li> <li>§ Distinguish the use of safe warm-up strategies and explain the potential impact of unsafe practices.</li> <li>§ Discuss the use of innovations that have made participation in physical activity safer and more enjoyable.</li> <li>§ Relate how environmental conditions, such as heat, cold, lightning, or pollen impact participation in physical activity.</li> </ul> <p>E. Sport Psychology</p> <ul style="list-style-type: none"> <li>§ Associate various techniques used to mentally prepare for participation in physical activity, and use specific strategies, including visualization and positive self-talk, to prepare.</li> </ul> | <p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p> |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|

|                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                           |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <p><b>7.6: Fitness</b></p> <p>All students will achieve optimal wellness by learning and applying fitness concepts and skills.</p> | <p>A. Fitness and Exercise</p> <ul style="list-style-type: none"> <li>§ Generalize the potential short- and long-term physical, social, and emotional benefits of regular exercise.</li> <li>§ Select activities that enhance specific components of fitness.</li> <li>§ Predict how factors such as health status, interests, environmental conditions, and available time impact personal fitness.</li> <li>§ Analyze the positive and negative impacts of technological advances on exercise, health, and fitness.</li> <li>§ Explain ways to achieve a healthy body composition through diet and physical activity.</li> </ul> <p>B. Training</p> <ul style="list-style-type: none"> <li>§ Recognize signs and symptoms that warrant exercise termination and possible follow-up with a healthcare professional.</li> <li>§ Integrate the principles of training to improve personal fitness.</li> <li>§ Reflect upon the physical, legal, and competitive consequences of the use of anabolic steroids and other performance enhancing substances.</li> <li>§ Critique and perform various training methods including but not limited to isotonic, isometric, interval, and circuit methods.</li> </ul> <p>C. Achieving and Assessing</p> <ul style="list-style-type: none"> <li>§ Monitor physiological responses before, during and after exercise, and modify exercise appropriately in response.</li> <li>§ Create a personal fitness plan, using health data and information from internal and external sources, and use technology to evaluate the implementation and outcomes of the plan.</li> <li>§ Test personal level of fitness and demonstrate individual progress toward improving each component of fitness.</li> <li>§ Modify exercise plan or routine to deal with changing environmental conditions.</li> <li>§ Discover ways to determine fitness status.</li> </ul> | <p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p> |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|