

# Grade 7

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line or world dance. [PE.1.7.1](#)
2. Passes and receives with feet in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as soccer or speedball. [PE.1.7.2](#)
3. Dribbles with dominant and non-dominant hands or feet using a change of speed and direction in a variety of practice tasks. [PE.1.7.3](#)
4. Demonstrates the mature form with an underhand or overhand serve with control for net/wall games such as badminton, volleyball or pickleball in a practice task. [PE.1.7.4](#)
5. Demonstrates the mature form of the backhand stroke in net games in a practice task. [PE.1.7.5](#)
6. Two-hand-volleys with control in a variety of practice tasks. [PE.1.7.6](#)
7. Demonstrates correct technique for basic skills in one outdoor or individual-performance activity. [PE.1.7.7](#)
8. Availability of facilities will dictate when swimming and water safety are offered in the curriculum. [PE.1.7.8](#)

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

1. Reduces open space by using locomotor movements (e.g., walking, running, jumping and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal). [PE.2.7.1](#)
2. Identifies and/or executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give and go. [PE.2.7.2](#)
3. Reduces open space on defense by making the body larger and reducing passing angles. [PE.2.7.3](#)
4. Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection in practice tasks or modified game play. [PE.2.7.4](#)

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5. Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. PE.2.7.5

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  6. Creates open space in net/wall games by varying force and direction, and by moving opponent from side to side. PE.2.7.6

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  7. Selects offensive shot based on opponent's location (hit where opponent is not). PE.2.7.7

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  8. Varies the speed of the shot based on location of the object in relation to the target. PE.2.7.8

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  9. Selects the correct defensive play based on the situation (e.g., number of outs). PE.2.7.9

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  10. Makes appropriate decisions based on the weather, level of difficulty due to conditions or ability to ensure safety of self and others. PE.2.7.10
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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.

1. Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. PE.3.7.1

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2. Participates in self-selected physical activity outside of physical education class. PE.3.7.2

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3. Participates in a variety of strength-fitness and endurance-fitness activities. PE.3.7.3

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4. Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. PE.3.7.4

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5. Distinguishes between health-related and skill-related fitness. PE.3.7.5

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6. Describes and demonstrates the difference between dynamic and static stretches. PE.3.7.6

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7. Describes overload principle (FITT formula) for different types of physical activity, the training principles on which the formula is based and how the formula and principles affect fitness. PE.3.7.7

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8. Designs a warm-up/cool-down regimen for a self-selected physical activity. PE.3.7.8

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9. Defines how the RPE Scale (Borg Rating of Perceived Exertion (RPE) Scale) can be used to determine the perception of the work effort or intensity of exercise. PE.3.7.9

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10. Describes how the muscular system interacts with bones to create movement in pairs by relaxing and contracting. PE.3.7.10

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- 11. Design a program of remediation based on the results of personal health-related fitness assessment.** PE.3.7.11

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  - 12. Develops strategies for balancing healthy food, snacks and water intake, along with daily physical activity.** PE.3.7.12

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  - 13. Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.** PE.3.7.13
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**The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

- 1. Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.** PE.4.7.1

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  - 2. Provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills.** PE.4.7.2

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  - 3. Demonstrates cooperation skills by following established rules and guidelines for resolving conflicts.** PE.4.7.3

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  - 4. Problem-solves with a small group of classmates during all class activities with limited teacher guidance.** PE.4.7.4

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  - 5. Demonstrates knowledge of rules and etiquette by self-officiating, or modifying physical activities/games or rhythmic activities.** PE.4.7.5

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  - 6. Independently uses physical activity and exercise equipment appropriately and safely.** PE.4.7.6
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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

- 1. Identifies different types of physical activities and describes how each exerts a positive effect on health.** PE.5.7.1

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- 2. Identifies positive mental and emotional aspects of participating in a variety of physical activities.** PE.5.7.2

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- 3. Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge.** PE.5.7.3

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- 4. Identifies why self-selected physical activities create enjoyment.** PE.5.7.4

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- 5. Demonstrates the importance of social interaction by helping and encouraging others, providing support to classmates.** PE.5.7.5