

7th Grade Physical Education

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| Power Standard: Students will participate in non-competitive and modified individual, dual, and team sports and will demonstrate movement including simple dance sequences; they will utilize plans to improve performance in all of the above. | | |
| PE.7.1.01 | Participate in a variety of modified individual, dual and team sports. | |
| | <ul style="list-style-type: none"> Participate in a variety of modified individual sports | Performance |
| | <ul style="list-style-type: none"> Participate in a variety of modified dual sports | Performance |
| | <ul style="list-style-type: none"> Participate in a variety of modified team sports | Performance |
| PE.7.1.02 | Participate in a variety of non-competitive individual, dual and team activities. | |
| | <ul style="list-style-type: none"> Participate in a variety of non-competitive individual activities | Performance |
| | <ul style="list-style-type: none"> Participate in a variety of non-competitive dual activities | Performance |
| | <ul style="list-style-type: none"> Participate in a variety of non-competitive team activities | Performance |
| PE.7.1.03 | Create and perform a simple dance sequence in time to music. | |
| | <ul style="list-style-type: none"> Create a simple dance sequence in time to music | Performance |
| | <ul style="list-style-type: none"> Perform a simple dance sequence in time to music | Performance |
| PE.7.2.01 | analyze and demonstrate the basic skills necessary to participate in movement forms (e.g., eye-hand, eye-foot coordination). | |
| | <ul style="list-style-type: none"> analyze the basic skills necessary to participate in movement forms | Reasoning |
| | <ul style="list-style-type: none"> demonstrate the basic skills necessary to participate in movement forms | Performance |
| PE.7.2.03 | utilize appropriate practice plans to independently improve performance (e.g., rubric, checklist). | |
| Power Standard: Students will research economic impact on regional physical activity resources and reflect knowledge of rules/terminology in order to participate in movement forms. | | |
| PE.7.2.02 | Reflect knowledge of rules and terminology necessary to participate in movement forms. | |
| | <ul style="list-style-type: none"> Reflect knowledge of rules necessary to participate in movement forms. | Knowledge |

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| | <ul style="list-style-type: none"> Reflect knowledge of terminology necessary to participate in movement forms. | Knowledge |
| PE.7.3.02 | research economic impact on regional resources relating to physical activity (e.g., internet search) | |
| Power Standard: Students will participate in physical activity in and outside of school in their community and state. | | |
| PE.7.3.01 | participate in physical activity available in their community and state (e.g., bicycling, golfing, white water rafting, kayaking, hunting, fishing, skiing, mountain biking, hiking, rock climbing). | |
| | <ul style="list-style-type: none"> Participate in physical activity available in their community | Performance |
| | <ul style="list-style-type: none"> Participate in physical activity available in their state | Performance |
| PE.7.3.03 | participate in physical activities both in and outside of school (e.g., physical education class, intramurals, recreation leagues). | |
| | <ul style="list-style-type: none"> Participate in physical activities in school | Performance |
| | <ul style="list-style-type: none"> Participate in physical activities outside of school | Performance |
| Power Standard: Students will meet FITNESSGRAM requirements and identify their personal fitness needs and explain the principles of progression and overload. | | |
| PE.7.4.01 | meet the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM. | |
| | <ul style="list-style-type: none"> meet the gender health-related fitness standards defined in FITNESSGRAM. | Performance |
| | <ul style="list-style-type: none"> meet the age-appropriate health-related fitness standards defined in FITNESSGRAM. | Performance |
| PE.7.4.02 | examine health-related fitness of FITNESSGRAM components (e.g., body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility). | |
| PE.7.4.03 | Identify personal fitness needs and participate in physical activities to improve specified fitness components (e.g., strength, flexibility and body composition). | |
| | <ul style="list-style-type: none"> Identify personal fitness needs | Knowledge |
| | <ul style="list-style-type: none"> participate in physical activities to improve specified fitness components | Performance |
| PE.7.4.04 | explain the principles of progression and overload (e.g., gradual increase in F.I.T.T.). | Reasoning |

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| Power Standard: Students will demonstrate cooperative team building skills, appropriate conflict resolution skills, knowledge of rules, etiquette and safety, decision-making and communication skills while participating in physical activity. | | |
| PE.7.5.01 | demonstrate cooperative team building skills appropriate for physical activity (e.g., equal opportunity for participation). | Performance |
| PE.7.5.02 | demonstrate appropriate conflict resolution skills (e.g., peer mediation). | Performance |
| PE.7.5.03 | demonstrate knowledge of rules, etiquette and safety while participating in various physical activities (e.g. sportsmanship, fair play). | |
| | <ul style="list-style-type: none"> demonstrate knowledge of rules while participating in various physical activities | Performance |
| | <ul style="list-style-type: none"> demonstrate knowledge of etiquette while participating in various physical activities | Performance |
| | <ul style="list-style-type: none"> demonstrate knowledge of safety while participating in various physical activities | Performance |
| PE.7.5.04 | practice decision-making and communication skills while participating in physical activity. | |
| | <ul style="list-style-type: none"> practice decision-making skills while participating in physical activity. | Reasoning |
| | <ul style="list-style-type: none"> practice communication skills while participating in physical activity. | Performance |