

PHYSICAL EDUCATION LEARNING EXPECTATIONS
GRADE 7

I. SKILL ACQUISITION AND DEVELOPMENT

A. During the seventh grade, students will develop the ability to perform team and individual sport skills.

They will be able to:

- Refine specific sport skills (e.g., bump and set in volleyball, shooting on goal, serving, striking and passing)
- Combine sport skills (e.g., run, jump, throw, catch, shoot cut) into skill sequences for game play (e.g., give and go, defensive recovery, serve and move to net)
- Use skills sequences in game situations

B. During the seventh grade, students will develop the ability to demonstrate understanding of strategies.

They will be able to:

- Demonstrate understanding of offensive and defensive necessary for games and sports strategies such as give and go, zone defense, one to one defense, serve and volley
- Identify and follow rules while playing sports and games
- Analyze aspects of game play and strategies that are successful and unsuccessful in a specific game
- Define specific changes in game play that improve the quality and the success of play
- Identify and use strategies and game plans that offer a role for all members of the team
- Review basic rules, working environment and special safety considerations for team and individual activities (e.g., soccer, volleyball, field hockey, fencing, gymnastics)

II. FITNESS

A. During the seventh grade, students will develop the ability to assess personal fitness in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

They will be able to:

- Introduce principles of training and conditioning for physical activity
- Select proper warm-up, conditioning and cool-down techniques and show an understanding for the reasons behind their use
- Introduce activities designed to improve and maintain level of fitness
- Analyze and categorize activities and exercises according to potential fitness benefits
- Define the role of exercise and identify other factors involved in weight control

B. During the seventh grade, students will develop the ability to experience a variety of specific exercise and activities to promote fitness.

They will be able to:

- Participate in an individualized fitness program
- Sustain an aerobic activity, by maintaining the target heart rate, to achieve cardiovascular benefits
- Perform resistance activities to promote muscle strength, muscle endurance and flexibility

C. During the seventh grade, students will develop the ability to demonstrate an understanding and appreciation of the benefits that result from regular participation in physical activities.

They will be able to:

- Understand the relationship between cardiovascular exercise and brain performance
 - Identify the short and long term physiological changes that result from participation in regular physical activity
 - Identify psychological and health changes that can occur as a result of participation in regular physical activity

- Identify the personal and cultural changes that may occur as a result of participation in regular physical activity

III. SOCIAL AND PERSONAL DEVELOPMENT

A. During the seventh grade, students will develop the ability to respect the physical skill and performance abilities and limitations of self and others.

They will be able to:

- Assume roles of leader and follower
- Demonstrate respect for physical abilities and limitations in self and others
- Demonstrate respect for individuals with like and different skill levels
- Work with individuals with like and different skill levels and physical abilities
- Contribute to a positive, inclusive class environment by sharing thoughts and feelings in group discussions

B. During the seventh grade, students will develop the ability to work effectively within a group.

They will be able to:

- Recognize and utilize the specific strength of each group member in solving a problem, completing a task and playing a game
- Accept and show respect for the decisions of game officials, group leaders and groups themselves
- Describe and use appropriate personal conduct defined by game rules and common courtesy when engaging in physical activity
- Show an understanding of the positive aspects of group work and the successful completion of a project/game

C. During the seventh grade, students will develop the ability to display an understanding of the aesthetic and creative aspects of physical performance.

They will be able to:

- Display inductive and deductive reasoning skills in solving problems
- Show a responsibility for the safety of self and others
- Recognize and validate the accomplishment of others
- Recognize that fitness and skill attainment require perseverance and repetition

OUTCOME STANDARDS

Work Effectively Both Independently & with Others
Apply Problem Solving Skills
Demonstrate Knowledge & Skills for Healthy, Productive Lives
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

A Physically Literate Person

has learned skills necessary to perform a variety of physical activities.

does participate regularly in physical activity

is physically fit

knows the implications of and the benefits from involvement in physical activities

values physical activity and its contributions to a healthful lifestyle

References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.