

1. Identify, differentiate and apply movement concepts and strategies used in the four basic categories of tactical games (net/wall, invasion, striking/fielding and target). (pe7.1.3.a)
2. Assess an individual or partnered creative movement sequence that expresses individuality. (pe7.1.2.a)
3. Participate and cooperate in a group game while demonstrating how to apply appropriate force on a moving object to maintain possession or reach a stationary goal/target. (pe7.2.1.a)
4. Perform and compare how changing levels in complex movement patterns are affected by center of gravity. (pe7.2.2.a)
5. Design a practice plan, based on a checklist of skills and strategies, in order to correct errors or improve personal or peer performance. (pe7.3.2.a)
6. Modify and perform a complex motor skill combination based on feedback and discussion. (pe7.3.2.b)
7. Develop and implement a personal fitness plan and apply the FITT principle. (pe7.4.2.b)
8. Identify and create personal fitness goals based on FITNESSGRAM test data. (pe7.4.2.a)
9. Choose activities that maintain and improve specific skill-related fitness components based on personal goal. (pe7.4.3.c)
10. Participate in the PACER test and compare and contrast current and previous scores to the healthy fitness zone. (pe7.5.1.a)
11. Participate in modified pull-up/push-up and curl-up test(s) and compare and contrast current and previous scores to the health fitness zone. (pe7.5.2.a)
12. Participate in the sit and reach/shoulder stretch and trunk lift test(s) and compare and contrast current and previous scores to the healthy fitness zone. (pe7.5.3.a)
13. In a small group, design a game, developing rules, procedures, and etiquette for safe physical activity settings. (pe7.6.1.b)
14. Compare cooperative strategies and evaluate their success in physical activity settings. (pe7.6.3.a)

15. Apply appropriate conflict resolution and negotiation skills in order to promote a positive classroom environment. (pe7.6.3.b)