

Physical Education

Grade 7

CONTENT AREA I: Team Sports

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms and proficiency in a few movement forms while applying movement concepts and principles to the development of motor skills in team sports.

Movement Objectives – The students will be able to:

- a. Use basic offensive and defensive strategies in modified versions of team sports.
- b. Explain and execute game strategies involved in playing a small-sided half-court basketball game.
- c. Describe the characteristics that enable success in serving, passing and spiking.
- d. Describe principles of training and conditioning for specific physical activities.
- e. Compare and contrast the use of movement skills to be able to transfer the skill from one sport to another (e.g., overhand throw, tennis serve, overhead clear in badminton).
- f. Develop an appropriate and authentic practice plan for a variety of movement skills.

Goal 2. The student will demonstrate the ability to achieve a physically active lifestyle and maintain a health-enhancing level of physical fitness.

Fitness Objectives – The students will be able to:

- a. List long-term physiological, psychological, and cultural benefits that may result from a regular participation in physical activity.
- b. Maintain a record of moderate to vigorous physical activity and conduct a self-assessment of energy intake and expenditure (e.g., food and physical activity diary).
- c. Participate in fitness-enhancing physical activities outside of school (e.g., community sponsored youth sports).
- d. Engage in physical activity at the target heart rate for a minimum of 20 minutes.
- e. Describe and demonstrate a variety of training methods including, but not limited to, isotonic, isometric, interval, and circuit methods.

Goal 3. The student will demonstrate the ability to:

- Show responsible personal and social behavior in physical activity settings.
- Understand and respect differences among people in physical activity settings.
- Explain how physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Attitude Objectives – The students will be able to:

- a. Identify positive and negative peer influences.
- b. Observe the rules of a game or activity while in play.

- c. Support non-confrontation in conflicts with a sensitivity to the rights and feelings of others.
- d. Explain the ways sport influences American culture.
- e. Respect the physical and performance limitations of self and others.
- f. Generate satisfaction when engaging in physical activity.
- g. Use positive attitudes and enhanced skills in learning new activities.
- h. Extend skills in a favorite activity.

CONTENT AREA II: Individual/Dual Sports

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms and proficiency in a few movement forms while applying movement concepts and principles to the development of motor skills in individual and dual sports.

Movement Objectives – The students will be able to:

- a. Use basic offensive and defensive strategies in modified versions of individual sports.
- b. Explain and execute game strategies involved in playing tennis singles and doubles.
- c. Describe principles of training and conditioning for specific physical activities.
- d. Uses skill combinations competently in modified versions of individual/dual activities.

Goal 2. The student will demonstrate the ability to achieve a physically active lifestyle and maintain a health-enhancing level of physical fitness.

Fitness Objectives – The students will be able to:

- a. Participate in an individualized physical activity program.
- b. List long-term physiological and cultural benefits that may result from regular participation in physical activity.
- c. Maintain a record of moderate to vigorous physical activity.
- d. Perform mechanically correct weight training techniques.
- e. Plan a circuit weight-training program designed to meet physical fitness goals.
- f. Participate in fitness-enhancing physical activities outside of school (e.g., gymnastics clubs, community sponsored youth sports).
- g. Engage in physical activity of the target heart rate for a minimum of 20 minutes.

Goal 3. The student will demonstrate the ability to:

- Show responsible personal and social behavior in physical activity settings.
- Understand and respect differences among people in physical activity settings.
- Explain how physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Attitude Objectives – The students will be able to:

- a. Identify positive and negative peer influences.
- b. Observe the rules of a game or activity while in play.
- c. Evaluate consequences when confronted with a behavior choice.
- d. Select positive ways to exert independence.
- e. Justify choices based on the safety of self and others.
- f. Respect the physical and performance limitations of self and others.
- g. Generate satisfaction when engaging in physical activity.
- h. Discriminate between the desire to “belong” to a peer group and the growing awareness of independent thoughts.

CONTENT AREA III: Gymnastics, Rhythms, and Dance

- Goal 1.** The student will demonstrate the ability to achieve competency in many movement forms and proficiency in a few movement forms while applying movement concepts and principles to the development of motor skills in gymnastics, rhythms, and dance.

Movement Objectives – The students will be able to:

- a. Perform a variety of simple folk and square dances.
- b. Describe principles of training and conditioning for specific physical activities.

- Goal 2.** The student will demonstrate the ability to achieve a physically active lifestyle and maintain a health-enhancing level of physical fitness.

Fitness Objectives – The students will be able to:

- a. Participate in an individualized physical activity program designed with the help of the teacher.
- b. List long-term physiological and cultural benefits that may result from regular participation in physical activity.
- c. Participate in fitness enhancing physical activities outside of school (e.g., gymnastics clubs, dance studio, jump rope club).
- d. Engage in physical activity at the target heart rate for a minimum of 20 minutes.
- e. Design and perform warm-up and cool-down sequences appropriate for a variety of different physical activities.
- f. Complete a health related personal fitness test and work towards achieving fitness scores at an acceptable level based on self-selected goals.

- Goal 3.** The student will be able to:

- Show responsible, personal and social behavior in physical activity settings.
- Understand and respect differences among people in physical activity settings.
- Explain how physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interactions.

Attitude Objectives – The students will be able to:

- a. Resolve interpersonal conflicts with a sensitivity to the rights and feelings of others.
- b. Explain the way dance influences American culture.
- c. Respect the physical and performance limitations of self and others.
- d. Produce the aesthetic and creative aspects of performance.