

HCPSS Physical Education

Grade 7 Course Indicators/Objectives

Standard 1: Motor Skills and Movement Patterns

- Demonstrates correct rhythm and pattern for one dance form. S1.G7.1
- Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment. S1.G7.2
- Catches a variety of objects from different trajectories with a mature pattern in small-sided game play. S1.G7.3
- Passes and receives with feet while changing direction and speed with competency. S1.G7.4a
- Throws, while moving, a leading pass to a moving receiver. S1.G7.4b
- Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. S1.G7.5a
- Performs the following offensive skills with defensive pressure: pivot, give and go, and fakes. S1.G7.5b
- Dribbles with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks. S1.G7.6a
- Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks. S1.G7.6b
- Shoots on goal with power and accuracy in small-sided game play. S1.G7.7
- Slides in all directions while on defense without crossing feet. S1.G7.8
- Consistently executes an underhand serve with a mature pattern to a predetermined target for net and wall games. S1.G7.9
- Strikes with a mature overhand pattern in a dynamic environment for net or wall games. S1.G7.10
- Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games. S1.G7.11
- Transfers weight with correct timing using low-to-high striking pattern with a short-handled implement on the forehand side. S1.G7.12
- Forehand and backhand volleys with a mature pattern and control using a short handled implement. S1.G7.13
- Two-hand volleys with control in a dynamic environment. S1.G7.14
- Consistently propels an object for target games. S1.G7.15
- Strikes a pitched ball with an implement to open space in a variety of practice tasks. S1.G7.16
- Catches, with a mature pattern, from different trajectories, using a variety of objects in small-sided game play while using an implement. S1.G7.17
- Demonstrates correct technique for a variety of skills in one self-selected outdoor activity. S1.G7.18

- Demonstrates correct technique for a variety of skills in one self-selected individual performance activity. S1.G7.19

Standard 2: Concepts & Strategies

- Reduces open space in combination with movement concepts. S2.G7.1
- Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give and go. S2.G7.2
- Reduces open space on defense by staying close to the opponent as they near the goal. S2.G7.3
- 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. S2.G7.4
- Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. S2.G7.5
- Creates open space in net or wall games with a long-handled implement by varying force and direction and by moving opponent from side to side. S2.G7.6
- Selects offensive shot based on opponent's location. S2.G7.7
- Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. S2.G7.8
- Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. S2.G7.8
- Selects the correct defensive play based on the situation. S2.G7.10
- Identifies and applies Newton's Laws of Motion to various dance or movement activities. S2.G7.11a
- Analyzes an activity and makes adjustments to ensure the safety of self and others. S2.G7.11b

Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. S3.G7.1
- Participates in a variety of moderate to vigorous strength and endurance fitness activities (Pilates, resistance training, body weight training, free weight training, dual and individual sports, martial arts, or aquatic activities). S3.G7.2
- Distinguishes between health-related and skill-related fitness components. S3.G7.3a
- Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. S3.G7.3b
- Describes and demonstrates the difference between dynamic and static stretches. S3.G7.3c

Standard 4: Responsible Personal and Social Behavior

- Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. S4.G7.1
- Provides corrective feedback to a peer, using teacher-generated guidelines, that incorporates appropriate tone and other communication skills. S4.G7.2
- Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. S4.G7.3a
- Problem-solves with a small group of classmates. S4.G7.3b
- Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance. S4.G7.4

Standard 5: Recognizes the Value of Physical Activity

- Identifies different types of physical activities and describes how each exerts a positive effect on health. S5.G7.1a
- Identifies positive mental and emotional aspects of participating in a variety of physical activities. S5.G7.1b
- Generates positive strategies such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge. S5.G7.2a
- Shows that skills will develop over time with appropriate practice. S5.G7.2b
- Identifies why self-selected physical activities create enjoyment. S5.G7.3a
- Explains the relationship between self-expression and lifelong enjoyment through physical activity. S5.G7.3b