

## Grade 7 PE Standards and Expectations

1. Uses a variety of basic and advanced movement forms (running, skipping, hopping, eye-hand/eye-foot coordination-dribbling while running)
  1. Demonstrates knowledge of concepts\*
  2. Demonstrates fundamental skills\*
  3. Uses intermediate sport-specific skills for individual, dual, and team sports
2. Uses movement concepts and principles in development of motor skills
  1. Understands the principle of training and conditioning for specific physical activities
  2. Uses basic offensive and defensive strategies in a modified version of a team and individual sport
  3. Understands movement forms associated with highly skilled physical activities
3. Understands benefits and costs associated with participation in physical activity
  1. Chooses physical activities based on a variety of factors, e.g. personal interests and capabilities, challenge and enjoyment
  2. Understands long-term physiological benefits of regular participation in physical activity, e.g., improved cardiovascular strength, improved flexibility, and body composition
  3. Knows factors that inhibit participation in physical activity, e.g., substance abuse
  4. Celebrates personal successes and achievements as well as those of others
4. Understands how to monitor and maintain a healthy, enhanced level of physical fitness
  1. Understands wellness - demonstrates benefits of healthy life style\*
  2. Identifies the health benefits of participation in physical activity
  3. Selects and participates regularly in more advanced physical activities for the purpose of improving skill and health
  4. Understands the role of exercise and other factors in weight control and body composition
5. Understands the social and personal responsibility associated with participation in physical activity
  1. Demonstrates the willingness to join in an activity\*
  2. Demonstrates good sportsmanship\*
  3. Understands safety concepts\*
  4. Understands the proper attitudes toward both winning and losing
  5. Follows appropriate rules, procedures, and behaviors with few reminders while participating in games/activities; accepts the teacher's decision regarding a personal rule infraction without displaying negative reactions toward others
  6. Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations
  7. Demonstrates acceptance of the skills and abilities of others through verbal and nonverbal behavior