



Course Title: Seventh Grade PE		
Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.		
To pursue a lifetime of healthful physical activity, a physically literate individual:		
<ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 		
<u>Reporting Topic</u>	<u>Grade Level Standards</u>	<u>Competency Statement</u>
<u>Motor Skill and Movement Patterns</u>	<ul style="list-style-type: none"> • Demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line and world dance. (S1.M1.7) • Passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as soccer or speedball. (S1.M4.7) • Executes consistently (at least 70 percent of the time) a legal underhand serve to a predetermined target for net and wall games such as badminton, volleyball or pickleball. (S1.M12.7) • Performs a variety of swimming skills based on the student's skill level. (S1.M23.7) • Demonstrates correct technique for a variety of skills in 1 self-selected individual-performance activity. (S1.M24.7) 	Students will: <ul style="list-style-type: none"> • Learn different dance forms • Learn techniques for games such as basketball, flag football, or team handball • Use underhand serve techniques in volleyball, badminton, or pickleball • Perform swimming skills • Demonstrate techniques in an individual performance activity.
<u>Implement Strategy During Activities</u>	<ul style="list-style-type: none"> • Reduces open space by using locomotor movements (e.g., walking, running, jumping and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal). (S2.M1.7) • Executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go. (S2.M2.7) 	Students will: <ul style="list-style-type: none"> • Use techniques and strategy in order to participate in activities effectively.



	<ul style="list-style-type: none">• 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.M7.7)	
<u>Fitness Knowledge</u>	<ul style="list-style-type: none">• Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. (S3.M8.7)	Students will: <ul style="list-style-type: none">• Engage in physical activity at an optimal fitness level.
<u>Responsible Personal and Social Behavior</u>	<ul style="list-style-type: none">• Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates. (S4.M1.7)• Problem-solves with a small group of classmates during adventure activities, small-group initiatives or game play. (S4.M5.7)• Independently uses physical activity and exercise equipment appropriately and safely. (S4.M7.7)	Students will: <ul style="list-style-type: none">• Exhibit personal responsibility• Accepts differences among classmates• Use equipment appropriately