

## **Grade Seven**

In grade seven, students continue to develop competence in modified versions of various game/sport, rhythmic, and recreational activities. They vary movement during dynamic and changing game situations. Recreational pursuits become an additional curriculum option, broadening lifelong physical activity options. The ability to analyze skill performance through observing and understanding critical elements (small, isolated parts of the whole skill or movement) is increasingly apparent, as is the application of basic scientific principles of movement and personal fitness. Students relate the importance of physical activity to health, focusing particularly on obesity and stress. They create plans for improving personal fitness. Students continue to develop responsible personal and social behaviors by demonstrating decision-making skills, conflict-resolution skills, appropriate etiquette, and respect for others. Students achieve and maintain personal fitness standards and set reasonable and appropriate goals for improvement or maintenance of health-related fitness.

### **Skilled Movement**

- 7.1 The student will demonstrate competence in modified versions of various game/sport, rhythmic, and recreational activities.
- a) Use skill combinations competently in modified versions of team (e.g., soccer, team handball, volleyball) and individual/dual (e.g., tennis, racquetball, golf) activities.
  - b) Display appropriate use of speed, force, and form in a variety of movement activities (e.g., run, sprint, kick, jump, throw).
  - c) Demonstrate basic abilities and safety precautions in recreational pursuits (e.g., in-line skating, orienteering, hiking, cycling, ropes courses, backpacking, canoeing, rock climbing).
  - d) Demonstrate moving to a rhythm in selected folk, country, square, contemporary, and line dances.

### **Movement Principles and Concepts**

- 7.2 The student will understand and apply movement principles and concepts.
- a) Demonstrate proper use of movement concepts in dynamic game situations (e.g., relationship between opponents, appropriate offensive position with the goal or ball).
  - b) Apply biomechanical principles (e.g., center of gravity, base of support, trajectory) to understand and perform skillful movements.
  - c) Use basic offensive and defensive tactics and strategies while playing a modified version of a game/sport.
  - d) Analyze skill patterns of self and partner, detecting and correcting mechanical errors.
  - e) Identify similarities in movements across different physical activities (e.g., overhand throw, tennis serve, overhand volleyball serve, and overhead clear in badminton).

### **Personal Fitness**

- 7.3 The student will apply concepts and principles of training to improve physical fitness.
- a) Identify safe practices for improving physical fitness.
  - b) Develop a comprehensive personal fitness plan, including goals, strategies, and timeline, for improving at least three self-selected components of health-related fitness.
  - c) Use a variety of resources, including available technology, to monitor fitness improvement.
  - d) Analyze the relationships among physical activity, calorie intake, and body composition.
  - e) Demonstrate correct form when performing physical fitness activities.

## **Responsible Behaviors**

- 7.4 The student will work independently and with others in cooperative and competitive physical activity settings.
- a) Apply safety procedures, rules, and appropriate etiquette in physical activity settings.
  - b) Solve problems, accept appropriate challenges, and resolve conflicts in a responsible manner.
  - c) Demonstrate supportive behaviors that promote the inclusion and safety of others when participating in physical activity.

## **Physically Active Lifestyle**

- 7.5 The student will select and participate in physical activity to produce health-related benefits.
- a) Select and set goals, and participate at school and outside of school in activities that help improve flexibility, muscle strength and endurance, cardiovascular endurance, and body composition.
  - b) Analyze the relationship between physical activity and stress management, and investigate ways to use physical activity to lessen the impact of stress.