
Physical Education: Grade 7

To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills

Essential Understanding: **7PESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

- Standards:
- 7PESK1:** participate fully and communicate cooperatively with others;
 - 7PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
 - 7PESK3:** display age appropriate self-control and discipline;
 - 7PESK4:** display a willingness to receive and use feedback to improve performance;
 - 7PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
 - 7PESK6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
 - 7PESK7:** display an interest in and assist and encourage others' efforts;
 - 7PESK8:** display behaviors that are supportive and inclusive;
 - 7PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
 - 7PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns

Essential Understanding: **7PE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

- Standards:
- 7PE1a:** apply combinations of specialized motor skills and patterns with basic strategic and tactical skills in a variety of modified sports and other activities;
 - 7PE1b:** demonstrate critical elements in specialized skills related to sports (e.g., overhand throw for distance/force, serving and bumping a volleyball, shooting a basketball, shooting a lay-up, forehand and backhand striking with a racquet or club, batting);

- 7PE1c:** perform selected folk, country, square, line, creative, rhythmic gymnastics, and/or aerobic dances;
- 7PE1d:** use correct terminology associated with modified sports and cooperative/challenge activities;
- 7PE1e:** monitor change in the development of movement skills in order to improve performance;
- 7PE1f:** take responsibility for monitoring practice and progress;
- 7PE1g:** demonstrate and articulate the importance of following rules and safety procedures; and
- 7PE1h:** select and use appropriate protective equipment for preventing injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

Essential Understanding:

- 7PE2** Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness.

The student will:

Standards:

- 7PE2a:** analyze personal data on moderate-to-vigorous physical activity performed at school, at home, and in the community gathered using a pedometer;
- 7PE2b:** participate regularly in physical activity opportunities in school, at home, and/or in the community;
- 7PE2c:** analyze personal health-related fitness based on results of participation in DoDEA Physical Fitness Assessment Program;
- 7PE2d:** set personal health-related fitness goals based on assessment results and periodically monitor progress;
- 7PE2e:** monitor heart rate during aerobic activities for time below, above, and in the target heart-rate zone using a heart-rate monitor; and
- 7PE2f:** demonstrate appropriate individual stretching techniques as part of warm-up and cool-down for specified sports and physical activities.