

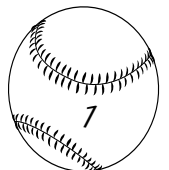
Seventh Grade

Movement Skills and Movement Knowledge

Understand how and why they move in a variety of situations.
Achieve and maintain a health enhancing level of physical fitness.

Quality Indicators:

- **State mandated physical fitness test.**
- Understand that performance is measurable in terms of technique, accuracy, distance, and speed.
- Use information of movement to enhance their own skills.
- Participate in activities for sustained periods of time while maintaining a target heart rate.
- Identify proper warm-up, conditioning, and cooling down techniques and the reason for using them.
- Pass, catch, throw, hand and foot dribble, volley, strike the ball with a variety of objects, while using mature motor patterns.
- Apply locomotor, and nonlocomotor skills to the activity.
- Participate in a variety of flexibility activities and describe the concepts related to flexibility development.
- Participate in a variety of strength activities and describe the concepts related to muscular strength.
- Participate in a variety of aerobic activities related to the cardiorespiratory system.



Social Development

Demonstrate responsible personal behavior.

Quality Indicators:

- Develop confidence to overcome anxieties, issues of fair play and cooperation of peers.
- Understand the relationship between history and culture in games, sport, dance, and play.
- Accept and respect the decisions made by game officials whether they are students, teachers, or outside officials.
- Develop confidence to begin to accept their own limitations.

Self Image

Understand the difference in growth and development as they relate to physical performance.

Quality Indicators:

- Receive a variety of opportunities to experience controlled risks through specific outcomes and problem solving.
- Participate in activities that provide for challenge, problem solving, decision making, and risk taking.
- Accept the challenge of setting personal goals for improvement related to health fitness and performance skills.
- Describe ways to use the body and movement activities to communicate ideas and feelings.

