

7th Grade Physical Education

Student Learning Expectations



The student should be able to:

STANDARD 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- Combine shooting, passing, dribbling in games.
- Transfer striking skills to a variety of lead-up games and activities.
- Perform dribbling with right and left hand or foot without looking at the ball.
- Use basic offensive and defensive strategies in a team/individual sport.

STANDARD 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- Identify proper warm-up and cool-down techniques and reason for them.
- Explain at least two appropriate game tactics involved in playing a game.

STANDARD 3: Participates regularly in physical activities.

- Identify relationships between an active lifestyle and “feeling good”.
- Monitor physical activity through the use of a pedometer, heart-rate monitor and/or physical activity log.

STANDARD 4: Achieves and maintains a health-enhancing level of physical fitness.

- Maintain a heart rate in target heart rate zone for a minimum of twenty minutes.
- Self-assess heart rate before, during and after physical activity.
- Assess physical fitness status in terms of cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition.
- Meet the age and gender-specific health-related fitness standards defined by Fitnessgram.



STANDARD 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- Show concern for safety of oneself and others.
- Show self-control.
- Play within the rules of the game or activity.
- Recognize the role of games, sports, and dance in getting to know and understand others of like and different backgrounds.

STANDARD 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Enjoy working with others in a sport activity to achieve a common goal.
- Learning new activities and skills as challenging.