

Physical Education Snapshot

Grade 7

Catholic Identity Standards		
7.1 Catholic identity standards. The student understands and integrates the content of what is learned through physical education into their faith and daily life.*		
Ways to Grow	7.1(VL) S.K6 GS1(CNS)	exhibit care and concern at all stages of life for each human person as an image and likeness of God *
	7.1(VL) S.K6 GS3(CNS)	value the human body as the temple of the Holy Spirit *
	7.1(VL) H.K6 DS3(CNS)	demonstrate respect and solicitude to individual differences among students in the classroom and school community *
	7.1(VL) H.712 GS5(CNS)	display personal self-worth and dignity as a human being and as part of God’s ultimate plan of creation *
	7.1(VL) H.712 IS3(CNS)	analyze how life experiences and life choices create a personal history with eternal consequences *
Fitness and Health		
7.2 Fitness and Health. The student identifies the physical, emotional, and spiritual components of healthy living.		
Application	Supporting Standards – Instructional Focus	
7.2A Physical demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness	7.2A.1	identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers
	7.2A.2	participates regularly in moderate to vigorous muscle and bone strengthening physical activity
	7.2A.3	distinguishes between health-related and skill-related fitness
	7.2A.4	describes and demonstrates the difference between dynamic and static stretches
	7.2A.5	describe the role of exercise and nutrition in weight management
	7.2A.6	describes the overload principle (FITT formula) for different types of physical activity, the training principles on which the formula is based and how the formula and principles affect fitness
	7.2A.7	designs a warm-up and cool-down regimen for a self-selected physical activity
	7.2A.8	defines how the RPE scale can be used to determine the perception of the work effort or intensity of exercise
	7.2A.9	describe how muscles pull on bones to create movement in pairs by relaxing and contracting
	7.2A.10	develops strategies for balancing healthy food, snacks, and water intake, along with daily physical activity
7.2B Emotional recognize the value of physical activity for health, enjoyment, challenge, self-expressions, and/or social interaction	7.2B.1	exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates
	7.2B.2	demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity
	7.2B.3	provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills
	7.2B.4	identifies strategies for dealing with stress, such as deep breathing, and aerobic exercise
7.2C Spiritual describe ways to care for God’s gift of life and health (CCC 2288)	7.2C.1	describes ways in which the cardinal virtues inform healthy choices (CCC 1803-1809)
	7.2C.2	determines how communities (school, class, athletic teams) help us grow in virtue (CCC 1882)
	7.2C.3	knows that we show our love for others through our thoughts and actions
Skill Building		
7.3 Skill Building. The student demonstrates competency in a variety of motor skills and movement patterns.		
7.3A Locomotor demonstrate locomotor skills in a variety of ways	7.3A.1	demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line and world dance
7.3B Manipulative Invasion and Field Games	7.3B.1	throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment
	7.3B.2	catches with a mature pattern from a variety of trajectories using different objects in small-sided game play

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<p>7.3C Manipulative Invasion Games</p>	<p>7.3C.1 a. 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 b. throws, while moving, a leading pass to a moving receiver 7.3C.2 a. executes at least 1 of the following designed to create open space during small-sided game play: pivots, fakes, jab steps b. performs the following offensive skills with defensive pressure: pivot, give and go, and fakes 7.3C.3 a. dribbles with dominant and non- dominant hands using a change of speed and direction in a variety of practice tasks b. foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks 7.3C.4 shoots on goal with power and accuracy in small-sided game play 7.3C.5 slides in all directions while on defense without crossing feet</p>
<p>7.3D Manipulative Net and Wall Games</p>	<p>7.3D.1 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 7.3D.2 strikes with a mature overhand pattern in a dynamic environment for net/wall games such as volleyball, handball, badminton, or tennis 7.3D.3 demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis 7.3D.4 transfers weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side 7.3D.5 forehand and backhand volleys with a mature form and control using a short- handled implement 7.3D.6 two-hand-volleys with control in a dynamic environment</p>
<p>7.3E Manipulative Target Games</p>	<p>7.3E.1 executes consistently (70 percent or more of the time) a mature throwing pattern for target games such as bowling, bocce, or horseshoes 7.3E.2 strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard, and golf</p>
<p>7.3F Manipulative Fielding and Striking Games</p>	<p>7.3F.1 strikes a pitched ball with an implement to open space in a variety of practice tasks 7.3F.2 catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play</p>
<p>7.3G Manipulative Individual Performance Activity</p>	<p>7.3G.1 demonstrates correct technique for a variety of skills in 1 self-selected individual performance activity</p>
<p>7.3H Safety explain the basic principles of safety</p>	<p>7.3H.1 independently uses physical activity and exercise equipment appropriately and safely</p>
<p>Applications in Games and Sports</p>	
<p>7.4 Applications in Games and Sports. The student applies the critical elements of fundamental manipulative skills in a variety of physical activities.</p>	
<p>7.4A Problem Solving Strategies Invasion Games</p>	<p>7.4A.1 reduces open space by using loco- motor 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) 7.4A.2 executes at least 2 of the following offensive tactics to create open space: uses a variety of passes, pivots, and fakes; give and go 7.4A.3 creates open space by staying spread on offense, and cutting and passing quickly 7.4A.4 reduces open space on defense by staying close to the opponent as he/ she nears the goal 7.4A.5 reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection 7.4A.6 transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates</p>
<p>7.4B Problem Solving Strategies Net and Wall Games</p>	<p>7.4B.1 creates open space in net/wall games with a long-handled implement by varying force and direction, and by moving opponent from side to side 7.4B.2 selects offensive shot based on opponent's location (hit where opponent is not)</p>

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<p>7.4C Problem Solving Strategies Target Games</p>	<p>7.4C.1 varies the speed and/or trajectory of the shot based on location of the object in relation to the target</p>
<p>7.4D Problem Solving Strategies Fielding and Striking Games</p>	<p>7.4D.1 uses a variety of shots (e.g., line drive high arc) to hit the ball into open space 7.4D.2 selects the correct defensive play based on the situation (e.g., number of outs)</p>
<p>7.4E Problem Solving Strategies Individual Performance Activities</p>	<p>7.4E.1 identifies and applies Newton’s laws of motion to various dance or movement activities</p>
<p>7.4F Rules and Etiquette understands the purpose of and applies appropriate rules, procedures and safe practices in physical activity settings</p>	<p>7.4F.1 demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance</p>
<p>7.4G Playing as a Team communicate positively with others</p>	<p>7.4G.1 demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts 7.4G.2 problem-solves with a small group of classmates during activities, small-group initiatives, or game play</p>