



# JC Schools 7th Grade PE Yearly Standards

## Overarching Standards (Taught in all units)

### **S4.M1.7**

Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.

### **S4.M2.7**

Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class.

### **S4.M3.7**

Provides corrective feedback to a peer, using teacher-generated guide- lines, and incorporating appropriate tone and other communication skills.

### **S4.M4.7**

Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.

### **S4.M5.7**

Problem-solves with a small group of classmates during adventure activities, small-group initiatives or game play.

### **S4.M6.7**

Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or following parameters to create or modify a dance.

### **S4.M7.7**

Independently uses physical activity and exercise equipment appropriately and safely.

### **S4.M9a.7**

Demonstrate effective negotiation skills that avoid or reduce participation in unsafe physical activities.

### **S4.M9b.7**

Demonstrate how to effectively ask for assistance in accessing equipment necessary to safely engage in physical activities.

**S5.M4.7**

Identifies why self-selected physical activities create enjoyment.

**S5.M5.7**

Explains the relationship between self expression and lifelong enjoyment through physical activity.

**S5.M6.7**

Demonstrates the importance of positive social interaction by helping and encouraging others and providing support to classmates.

**S3.M18.7**

Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.

Unit	Priority Standards	Supporting Standards
<b>Unit 1</b>  FitnessGram Pre-Testing  9 Days	<b>7.PE.LO.01</b> Performs the health-related fitness assessments.  <b>S3.M16.7</b> Maintains a physical activity and nutrition log for at least 2 weeks and reflects on activity levels and nutrition as documented in the log.  <b>S3.M4.7</b> Participates in a variety of strength- and endurance-fitness activities such as weight or resistance training.	<b>S5.M1.7</b> Identifies different types of physical activities and describes how each exerts a positive effect on health.  <b>S3.M1.7</b> Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.  <b>S4.M11a.7</b> Assess the barriers to achieving a personal goal to be physically active.  <b>S4.M11b.7</b> Apply strategies to overcome barriers to achieving a personal goal to be physically active.  <b>S3.M23.7</b> Analyze personal practices and behaviors that reduce or prevent physical inactivity.  <b>S3.M20b.7</b> Explain the short-term and long-term benefits of physical

		<p>activity, including improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.</p> <p><b>S5.M2.7</b> Identifies positive mental and emotional aspects of participating in a variety of physical activities.</p> <p><b>S3.M20a.7</b> Describe physical activities that contribute to maintaining or improving components of health-related fitness.</p> <p><b>S3.M9.7</b> Describes and demonstrates the difference between dynamic and static stretches.</p> <p><b>S3.M20d.7</b> Explain the importance of warming up and cooling down after physical activity.</p>
<p><b>Unit 2</b></p> <p>Team Sports</p> <p>42 Days</p>	<p><b>S1.M22.7</b> Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity.</p>	<p><b>S1.M2.7</b> Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment.</p> <p><b>S1.M3.7</b> Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play.</p> <p><b>S1.M4.7</b> Passes and receives with feet in combination with locomotor patterns of running and change of direction &amp; speed with competency in invasion games such as soccer or speedball.</p> <p><b>S1.M5.7</b> Throws, while moving, a leading pass to a moving receiver.</p>

**S1.M6.7**

Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps.

**S1.M7.7**

Performs the following offensive skills with defensive pressure: pivot, give & go, and fakes.

**S1.M8.7**

Dribbles with dominant and nondominant hands using a change of speed and direction in a variety of practice tasks.

**S1.M9.7**

Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks.

**S1.M10.7**

Shoots on goal with power and accuracy in small-sided game play.

**S1.M11.7**

Slides in all directions while on defense without crossing feet.

**S1.M12.7**

Executes consistently (at least 70% of the time) a legal underhand serve to a predetermined target for net/wall games such as badminton, volleyball or pickleball.

**S1.M13.7**

Strikes, with a mature overarm pattern, in a dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.

**S1.M14.7**

Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis.

**S1.M15.7**

Transfers weight with correct timing using low to or high striking pattern for a variety of manipulative movements.

**S1.M17.7**

Two-hand-volleys with control in a dynamic environment.

**S1.M18.7**

Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocci or horseshoes.

**S1.M20.7**

Strikes a pitched ball with an implement to open space in a variety of practice tasks.

**S1.M21.7**

Catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play.

**S2.M1.7**

Reduces open space by using locomotor movements(e.g., walking, running, jumping & 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).

**S2.M2.7**

Executes at least 2 of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give & go.

**S2.M3.7**

Creates open space by staying spread on offense, and

		<p>cutting and passing quickly.</p> <p><b>S2.M4.7</b> Reduces open space on defense by staying close to the opponent as he/ she nears the goal.</p> <p><b>S2.M5.7</b> Reduces open space by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection.</p> <p><b>S2.M6.7</b> Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates.</p> <p><b>S2.M10.7</b> Uses a variety of shots(e.g.,slap &amp; run, bunt, line drive, high arc) to hit to open space.</p> <p><b>S2.M11.7</b> Selects the correct defensive play based on the situation (e.g., number of outs).</p> <p><b>S2.M13.7</b> Analyzes the situation and makes adjustments to ensure the safety of self and others.</p>
<p><b>Unit 3</b></p> <p>Lifetime Activities</p> <p>42 Days</p>	<p><b>S3.M5.7</b> Participates in a variety of lifetime dual and individual sports, <del>martial arts or aquatic activities</del>.</p> <p><b>S1.M22.7</b> Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity.</p>	<p><b>S2.M7.7</b> 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.</p> <p><b>S2.M8.7</b> Selects offensive shot based on opponent's location (hit where opponent is not).</p> <p><b>S2.M10.7</b></p>

		<p>Uses a variety of shots(e.g.,slap &amp; run, bunt, line drive, high arc) to hit to open space.</p> <p><b>S2.M13.7</b> Analyzes the situation and makes adjustments to ensure the safety of self and others.</p> <p><b>S1.M14.7</b> Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis.</p> <p><b>S1.M15.7</b> Transfers weight with correct timing using low to or high striking pattern for a variety of manipulative movements.</p> <p><b>S1.M16.7</b> Forehand- and backhand-volleys with a mature form and control using a short handled implement.</p> <p><b>S1.M19.7</b> Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard or golf.</p>
<p><b>Unit 4</b></p> <p>FitnessGram Post-Testing</p> <p>9 Days</p>	<p><b>7.PE.LO.01</b> Performs the health-related fitness assessments.</p> <p><b>S3.M16.7</b> Maintains a physical activity and nutrition log for at least 2 weeks and reflects on activity levels <del>and nutrition as documented in the log.</del></p> <p><b>S3.M4.7</b> Participates in a variety of strength- and endurance-fitness activities such as weight or resistance training.</p>	<p><b>S5.M1.7</b> Identifies different types of physical activities and describes how each exerts a positive effect on health.</p> <p><b>S3.M1.7</b> Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.</p> <p><b>S4.M11a.7</b> Assess the barriers to achieving a personal goal to be physically active.</p>

**S4.M11b.7**

Apply strategies to overcome barriers to achieving a personal goal to be physically active.

**S3.M23.7**

Analyze personal practices and behaviors that reduce or prevent physical inactivity.

**S3.M20b.7**

Explain the short-term and long-term benefits of physical activity, including improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.

**S5.M2.7**

Identifies positive mental and emotional aspects of participating in a variety of physical activities.

**S3.M20a.7**

Describe physical activities that contribute to maintaining or improving components of health-related fitness.

**S3.M9.7**

Describes and demonstrates the difference between dynamic and static stretches.

**S3.M20d.7**

Explain the importance of warming up and cooling down after physical activity.