



# Physical Education | Grade 7



**ORGANIZING  
THEME/TOPIC**

**FOCUS STANDARDS & SKILLS**

<p><b>UNIT : HEALTH</b></p>	<p><b>SKILLS</b></p> <ul style="list-style-type: none"><li>• Identifies different types of physical activities and describes how each exerts a positive effect on health. (S5.M1.7)</li><li>• Identifies positive mental and emotional aspects of participating in a variety of physical activities. (S5.M2.7)</li><li>• Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge. (S5.M3.7)</li><li>• Identifies why self-selected physical activities create enjoyment. (S5.M4.7)</li><li>• Explains the relationship between self-expression and lifelong enjoyment through physical activity. (S5.M5.7)</li><li>• Demonstrates the importance of social interaction by helping and encouraging others, refrains from negative comments others and providing support to classmates. (S5.M6.7)</li><li>• Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. (S3.M1.7)</li><li>• Participates in a physical activity twice a week outside of physical education class. (S3.M2.7)</li><li>• Participates in a variety of strength- and endurance-fitness activities such as Pilates, resistance training, body-weight training and light free-weight training. (S3.M3.7)</li><li>• Participates in a variety of strength- and endurance-fitness activities such as weight or resistance training. (S3.M4.7)</li><li>• Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)</li><li>• Participates in moderate to vigorous muscle- and bone-strengthening physical activity at least 3 times a week. (S3.M6.7)</li><li>• Distinguishes between health-related and skill-related fitness. (S3.M7.7)</li><li>• Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. (S3.M8.7)</li></ul>
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<b>HEALTH (CONT)</b>	<ul style="list-style-type: none"> <li>• Describes and demonstrates the difference between dynamic and static stretches. (S3.M9.7)</li> <li>• Describes the role of exercise and nutrition in weight management. (S3.M10.7)</li> <li>• Describes 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. (S3.M11.7)</li> <li>• Designs a warm-up/cool-down regimen for a self-selected physical activity. (S3.M12.7)</li> <li>• Defines how the RPE Scale can be used to determine the perception of the work effort or intensity of exercise. (S3.M13.7)</li> <li>• Describes how muscles pull on bones to create movement in pairs by relaxing and contracting. (S3.M14.7)</li> <li>• Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment. (S3.M15.7)</li> <li>• Maintains a physical activity and nutrition log for at least 2 weeks and reflects on activity levels and nutrition as documented in the log. (S3.M16.7)</li> <li>• Develops strategies for balancing healthy food, snacks and water intake, along with daily physical activity. (S3.M17.7)</li> <li>• Practices strategies for dealing with stress, such as deep breathing, guided visualization, and aerobic exercise. (S3.M18.7)</li> </ul>
<b>UNIT : PERSONAL &amp; SOCIAL BEHAVIOR</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates. (S4.M1.7)</li> <li>• Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class. (S4.M2.7)</li> <li>• Provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills. (S4.M3.7)</li> <li>• Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. (S4.M4.7)</li> <li>• Problem-solves with a small group of classmates during adventure activities, small-group initiatives or game play. (S4.M5.7)</li> <li>• Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or following parameters to create or modify a dance. (S4.M6.7)</li> <li>• Independently use</li> <li>• s physical activity and exercise equipment appropriately and safely. (S1.M7.7)</li> </ul>

<p><b>UNIT: MOVEMENT &amp; PERFORMANCE</b></p>	<p><b>SKILLS</b></p> <ul style="list-style-type: none"> <li>• Reduces open space by using locomotor movements (e.g., walking, running, jumping &amp; 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).</li> <li>• Executes at least 2 of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give &amp; go. (S2.M2.7)</li> <li>• Creates open space by staying spread on offense, and cutting and passing quickly. (S2.M3.7)</li> <li>• Reduces open space on defense by staying close to the opponent as he/she nears the goal. (S2.M4.7)</li> <li>• 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. (S2.M5.7)</li> <li>• Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M6.7)</li> <li>• Creates open space in net/wall games with a long-handled implement by varying force and direction, and moving opponent from side to side. (S2.M7.7)</li> <li>• Selects offensive shot based on opponent's location (hit where opponent is not). (S2.M8.7)</li> <li>• Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. (S2.M9.7)</li> <li>• Uses a variety of shots (e.g., slap &amp; run, bunt, line drive, high arc) to hit to open space. (S2.M10.7)</li> <li>• Selects the correct defensive play based on the situation (e.g., number of outs). (S2.M11.7)</li> <li>• Identifies and applies Newton's laws of motion to various dance or movement activities. (S2.M12.7)</li> <li>• Analyzes the situation and makes adjustments to ensure the safety of self and others. (S2.M13.7)</li> </ul>
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<b>UNIT: INVASION AND FIELD GAMES</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment. (S1.M2.7)</li> <li>• Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play. (S1.M3.7)</li> <li>• 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. (S1.M4.7)</li> <li>• Throws, while moving, a leading pass to a moving receiver. (S1.M5.7)</li> <li>• Executes at least 1 of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. (S1.M6.7)</li> <li>• Performs the following offensive skills with defensive pressure: pivot, give &amp; go, and fakes. (S1.M7.7)</li> <li>• Dribbles with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks. (S1.M8.7)</li> <li>• Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks. (S1.M9.7)</li> <li>• Shoots on goal with power and accuracy in small-sided game play. (S1.M10.7)</li> <li>• Slides in all directions while on defense without crossing feet. (S1.M11.7)</li> <li>• Reduces open space by using locomotor movements (e.g., walking, running, jumping &amp; 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).</li> <li>• Executes at least 2 of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give &amp; go. (S2.M2.7)</li> <li>• Creates open space by staying spread on offense, and cutting and passing quickly. (S2.M3.7)</li> <li>• Reduces open space on defense by staying close to the opponent as he/she nears the goal. (S2.M4.7)</li> <li>• 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. (S2.M5.7)</li> <li>• Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M6.7)</li> </ul>
<b>UNIT: NET/WALL GAMES</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• 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.M12.7)</li> <li>• Strikes with a mature overhand pattern in a dynamic environment for net/wall games such as volleyball, handball, badminton or tennis. (S1.M13.7)</li> <li>• Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis. (S1.M14.7)</li> <li>• Transfers weight with correct timing using low-to-high striking pattern with a short-handled implement on the forehand side. (S1.M15.7)</li> <li>• Forehand and backhand volleys with a mature form and control using a short-handled implement. (S1.M16.7)</li> <li>• Creates open space in net/wall games with a long-handled implement by varying force and direction, and moving opponent from side to side. (S2.M7.7)</li> <li>• Selects offensive shot based on opponent's location (hit where opponent is not). (S2.M8.7)</li> </ul>

<b>UNIT: TARGET GAMES</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocce, or horseshoes. (S1.M18.7)</li> <li>• Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard or golf. (S1.M19.7)</li> <li>• Varies the speed and/or trajectory of the shot based on location of the object in relation to the target. (S2.M9.7)</li> </ul>
<b>UNIT: STRIKING/FIELDING GAMES</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• Strikes a pitched ball with an implement to open space in a variety of practice tasks. (S1.M20.7)</li> <li>• Catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play. (S1.M21.7)</li> <li>• Uses a variety of shots (e.g., slap &amp; run, bunt, line drive, high arc) to hit to open space. (S2.M10.7)</li> <li>• Selects the correct defensive play based on the situation (e.g., number of outs). (S2.M11.7)</li> </ul>
<b>UNIT : DANCE &amp; RHYTHMS</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• Demonstrates correct rhythm and pattern for a different dance form among folk, social, creative, line and world dance. (S1.M1.7)</li> </ul>
<b>UNIT : OUTDOOR PURSUITS &amp; INDIVIDUAL PERFORMANCE ACTIVITY</b>	<b>SKILLS</b> <ul style="list-style-type: none"> <li>• Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity. (S1.M22.7)</li> <li>• Demonstrates correct technique for a variety of skills in 1 self-selected individual-performance activity. (S1.M24.7)</li> </ul>