



**PHYSICAL EDUCATION
GRADE SEVEN**



**Physical Education - Grade 7
36.00800**

COURSE DESCRIPTION: By the end of Grade 7, the learner will apply tactics and strategies to modified game play; demonstrate fundamental movement skills in a variety of contexts; design and implement a health-enhancing fitness program; participate in self-selected physical activity; cooperate with and encourage classmates; accept individual differences and demonstrate inclusive behaviors; and engage in physical activity for enjoyment and self-expression.

Course Standard 1

S1.M7 Demonstrates competency in a variety of motor skills and movement patterns.

- S1.M1.7 Demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line and world dance.
- S1.M2.7 Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment.
- S1.M3.7 Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play.
- S1.M4.7 Passes and receives with feet in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as soccer or speedball.
- S1.M5.7 Throws, while moving, a leading pass to a moving receiver.
- 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 non- dominant 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 Shoot 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 overhand 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 high striking pattern with a short-handled implement on the forehand side.
- S1.M16.7 Forehand and backhand volleys with a mature form and control using a short-handled implement.
- 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.M19.7 Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard or golf.
- 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.
- S1.M22.7 Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity.
- S1.M23.7 Preferably taught at elementary or secondary levels. However, availability of facilities might dictate when swimming and water safety are offered in the curriculum.
- S1.M24.7 Demonstrates correct technique for a variety of skills in 1 self-selected individual performance activity.

Course Standard 2

S2.M7 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.M1.7 Reduces open space by using loco- motor 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 cutting and passing quickly.
- S2.M4.7 Reduces open space on defense by staying close to the opponent as he/ she nears the goal.
- S2.M5.7 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.M6.7 Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates.
- S2.M7.7 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.
- S2.M8.7 Selects offensive shot based on opponent's location (hit where opponent is not).
- S2.M9.7 Varies the speed and/or trajectory of the shot based on location of the object in relation to the target.
- S2.M10.7 Uses a variety of shots (e.g., slap & run, bunt, line drive, high arc) to hit to open space.
- S2.M11.7 Selects the correct defensive play based on the situation (e.g., number of outs).
- S2.M12.7 Identifies and applies Newton's laws of motion to various dance or movement activities.
- S2.M13.7 Analyzes the situation and makes adjustments to ensure the safety of self and others.

Course Standard 3

S3.M7 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.M1.7 Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.
- S3.M2.7 Participates in a physical activity 2 times a week outside of physical education class.
- S3.M3.7 Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training and light free weight training.
- S3.M4.7 Participates in a variety of strength and endurance fitness activities such as weight or resistance training.
- S3.M5.7 Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities.
- S3.M6.7 Participates in moderate to vigorous muscle- and bone-strengthening physical activity at least 3 times a week.
- S3.M7.7 Distinguishes between health-related and skill-related fitness.
- S3.M8.7 Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.
- S3.M9.7 Describes and demonstrates the difference between dynamic and static stretches.
- S3.M10.7 Describes the role of exercise and nutrition in weight management.
- S3.M11.7 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.M12.7 Designs a warm-up/cool-down regimen for a self-selected physical activity.
- S3.M13.7 Defines how the RPE Scale can be used to determine the perception of the work effort or intensity of exercise.
- S3.M14.7 Describes how muscles pull on bones to create movement in pairs by relaxing and contracting.
- S3.M15.7 Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment.

- S3.M16.7 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.M17.7 Develops strategies for balancing healthy food, snacks and water intake, along with daily physical activity.
- S3.M18.7 Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.

Course Standard 4

S4.M7 Exhibits responsible personal and social behavior that respects self and others

- 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 guidelines, 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.

Course Standard 5

S5.M7 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

- S5.M1.7 Identifies different types of physical activities and describes how each exerts a positive effect on health.
- S5.M2.7 Identifies positive mental and emotional aspects of participating in a variety of physical activities.
- S5.M3.7 Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge.
- 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 social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates.

