

# Physical Education

## Grade 7

*Essential skills and knowledge for the Davis School District*

In this course, students will understand the multifaceted benefits of physical activity including enjoyment, challenge, self-expression and interaction.

### **Forms of Movement**

- a. Identify and practice the movement skills such as walking, running, sliding, and jumping.
- b. Identify and practice non-movement skills such as stretching, bending, and twisting.
- c. Introduce skills during lead-up games.
- d. Identify common elements in various manipulative skills.
- e. Identify and practice techniques in a variety of rhythmic activities such as dribbling a basketball, kicking a soccer ball, or volleying a tennis ball.

### **Motor Skill Development**

- a. Identify and practice special concepts in a variety of games.
- b. Identify basic manipulative skills and concepts to specialized sports skills.
- c. Identify and practice sequences of movement skills in selected activities.

### **Lifestyle**

- a. Introduce personal fitness and set goals.
- b. Participate in a variety of health-promoting activities.
- c. Introduce the relationship between proper nutrition and physical activity.
- d. Introduce the concepts of exercise frequency, intensity, time, and type.

### **Responsible Behavior**

- a. Demonstrate sensitivity and the ability to resolve conflicts.
- b. Understand and demonstrate respect for differences among people.
- c. Identify inclusive and exclusive behavior.
- d. Participate in activities with different genders, abilities, skills, and cultures.

### **Literacy**

- a. Create and assess a personal health (nutrition) and fitness plan.