

Physical Education – Grade 7

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

- I. 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.
- II. 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.
- III. 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.
- IV. 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



DAVIS ESSENTIAL SKILLS & KNOWLEDGE

