

**7th Grade Physical Education – What Your Child Will Learn**

<b>State Standard</b>	<b>Exit Outcome</b>	<b>Assessment/Rubric</b>
Skillfulness 1.C.1.a	Demonstrate offensive/defensive strategies for throwing and catching in modified invasion games	Throwing and Catching in Offensive/Defensive Situations Rubric
Skillfulness 1.C.1.b	Utilize offensive/defensive strategies in game situations	Offensive and Defensive Strategies Rubric
Biomechanical Principles 2.A.1.a	Demonstrate mature throwing skills and force application to throw accurately to stationary target	Throwing for Accuracy to a Stationary Target Rubric
Biomechanical Principles 2.A.1.c	Explain how correct body positioning/form can prevent injuries	Monthly Calendar Reflection
Motor Learning Principles 3.B.1.b	Provide feedback to a peer to improve motor skills	Providing Feedback to a Peer for Motor Skill Rubric
Exercise Physiology 4.B.1.a	Identify personal goals based upon a fitness assessment	Health Related Fitness Reflection Worksheet
Exercise Physiology 4.B.1.b	Choose and implement a fitness plan using the FITT guidelines	Fitness Goals Worksheet
Exercise Physiology 4.C.1.a	Justify activities chosen to improve or maintain specific health-related fitness components	Monthly Calendar Reflection
Physical Activity 5.A.1.a	Engage in a health related fitness assessment for cardiorespiratory endurance and assess results	Aerobic Fitness Testing Rubric

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Physical Activity 5.A.1.b	Assess aerobic activities to improve goals for cardiorespiratory fitness	
Physical Activity 5.A.1.e	Justify the use of target heart rate to improve aerobic fitness	Justify the Use of Target Rate to Improve Aerobic Fitness Rubric
Physical Activity 5.A.1.f	Investigate recovery time in relationship to target heart rate and resting heart rate	Bench Step Test
Physical Activity 5.B.1.a	Engage in health related fitness assessment for muscular strength and endurance	Strength and Endurance Fitness Testing Rubric
Physical Activity 5.B.1.e	Justify and perform various exercises that help develop core strength and proper posture for personal fitness and safety	Monthly Calendar Reflection
Physical Activity 5.C.1.a	Engage in a health related fitness assessment for flexibility	Flexibility Fitness Testing Rubric
Physical Activity 5.C.1.d	Investigate various examples of specific stretching techniques to enhance personal flexibility	Monthly Calendar Reflection
Social Psychological Principles 6.A.1.b	Demonstrates self-control and safe practices during physical activity	Self-Control and Safe Practices Rubric
Social Psychological Principles 6.C.1.b	Creates and applies strategies for successful solutions to conflict	Problem Solving/Conflict Resolution Rubric