



The physical education standards in the middle school years focus on enhancing health-related and skill-related components of fitness and demonstrating knowledge and applying fitness principles and movement skills and strategies in a variety of physical activities. In each grade, the standards ask students to refine various movement concepts, strategies, and skills, analyze performance and provide feedback to peers, set and assess fitness goals, recognize diversity in skills of others, collaborate with students with varying abilities, and utilize safety procedures during physical activities.

Expectations for 7th Grade Students:

- **Movement Competence and Understanding:** Combine the critical elements of movement and skills concepts; demonstrate beginning offensive and defensive strategies for individual and team physical activities and sports.
- **Physical and Personal Wellness:** Understand and apply principles of physical fitness to create a personal fitness plan and set personal physical fitness goals; demonstrate fitness knowledge and skills that maintain a health-enhancing lifestyle, while actively engaging in the participation of lifetime physical activities.
- **Social and Emotional and Wellness:** Demonstrate inclusiveness in and out of classroom settings.
- **Prevention and Risk Management:** Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.

Throughout 7th Grade You May Find Students:

- Designing and performing movement sequences that combine traveling, balancing, and weight transfer into smooth, flowing sequences with changes in direction, speed, and flow.
- Diagramming and demonstrating basic offensive and defensive strategies for individual and dual physical activities.
- Identifying elements that comprise an age-appropriate fitness plan, according to an individual's age, level of fitness, and goals.
- Maintaining involvement in physical activity, twice a week, outside physical education class.
- Making suggestions to the instructor on how to modify a game to allow all members with varying skill abilities to participate.
- Explaining that warm-up and cool-down activities prepare the body for physical activity and help to prevent injuries.