

**SEVENTH GRADE  
Physical Education  
PRIORITY STANDARDS**

**Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

PE.1.7.2	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. Note- For operational definitions and examples of activity types, see end of middle school section.
PE.1.7.3	Dribbles with dominant and non- dominant hands or feet using a change of speed and direction in a variety of practice tasks.
PE.1.7.4	Demonstrates the mature form with an underhand or overhand serve with control for net/wall games such as badminton, volleyball or pickleball in a practice task.
PE.1.7.5	Demonstrates the mature form of the backhand stroke in net games in a practice task.
PE.1.7.6	Two-hand-volleys with control in a variety of practice tasks.

**Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

PE.2.7.2	Identifies and/or executes at least two of the following offensive tactics to create open space
PE.2.7.3	Reduces open space on defense by making the body larger and reducing passing angles.
PE.2.7.4	Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection in practice tasks or modified game play.
PE.2.7.6	Creates open space in net/wall games by varying force and direction, and by moving opponent from side to side.
PE.2.7.7	Selects offensive shot based on opponent's location (hit where opponent is not).

**Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

PE.3.7.6	Describes and demonstrates the difference between dynamic and static stretches.
PE.3.7.8	Designs a warm-up/cool-down regimen for a self-selected physical activity.

**Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

PE.4.7.1	Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.
PE.4.7.2	Provides corrective feedback to a peer, using teacher-generated guide- lines, and incorporating appropriate tone and other communication skills.
PE.4.7.3	Demonstrates cooperation skills by following established rules and guidelines for resolving conflicts.

**Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

PE.4.7.5	Demonstrates the importance of social interaction by helping and encouraging others, providing support to classmates.
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