

# Grade 7 Physical Education

## Course Description

7th grade physical education is a required course. Students continue to increase their knowledge and develop skills through participation in individual and team sports. 7th graders will further develop their swimming skills and be introduced to aquatic games. Students will gain a deeper understanding of the five components of fitness through the completion of physical fitness activities and assessments. Students will gain an understanding of game rules while learning to appreciate and participate in lifelong physical activities. Participation in this class will assist the 7th grade students in achieving and maintaining a lifetime of physical wellness.

## Standards

### Essential Standards:

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| 1. | The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. |
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### Important Standards:

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| 1. | The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.                            |
| 2. | The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. |
| 3. | The physically literate individual exhibits responsible personal and social behavior that respects self and others.                       |

### Enhancing Standards:

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| 1. | The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. |
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