

Physical Education: Grade 7

Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Displays willingness to receive and use feedback
- Accepts decisions of and responds positively and cheerfully to teachers or officials in charge of games/activities
- Chooses physical activity to experience fun, challenge, self-expression, and/or social interaction
- Displays interest in assisting and encouraging others' efforts
- Self-initiates behaviors that contribute to partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

Motor Skills & Movement Patterns

- Demonstrates critical elements in specialized sports skills
- Performs selected folk, country, square, line, creative, rhythmic gymnastics, and/or aerobic dances
- Uses correct terminology associated with modified sports and cooperative/challenge activities
- Monitors change in development of movement skills in order to improve performance
- Takes responsibility for monitoring practice and progress
- Demonstrates and articulates importance of following rules and safety procedures
- Selects and uses appropriate protective equipment

Physical Activity & Fitness

- Analyzes personal data on moderate-to-vigorous physical activity
- Participates regularly in physical activity opportunities
- Analyzes personal health-related fitness based on results of participation in DoDEA Physical Fitness Assessment Program
- Sets personal health-related fitness goals based on assessment results
- Monitors heart rate during aerobic activities
- Demonstrates appropriate individual stretching techniques