Dance and Rhythms	7.1.1.1	Invasion Games	7.1.3.2
Demonstrate correct rhythm and pattern		Throw, while moving, a leading pass to a	
for two of the following dance forms: folk,		moving receiver in invasion game practice	
social, creative, line or world da	nce.	tasks.	
Invasion, Fielding & Striking Gar	nes	Invasion Games	7.1.3.3
	7.1.2.1		
		Execute at least one of the foll	owing skills
Throw for distance and accuracy	/	designed to create open space	during
appropriate to the invasion or fi	elding and	small-sided invasion games, w	ith varying
striking game practice tasks.		levels of defense: pivots, fakes	, jab steps,
		and give and go.	
Invasion, Fielding & Striking Gar	nes	Invasion Games	7.1.3.4
	7.1.2.2		
		Dribble with preferred and no	n-preferred
Catch from a variety of trajector	ies using	hands using a change of speed	l and
different objects in invasion or f	_	direction in a variety of invasion	on game
and striking small-sided games.	-	practice tasks.	_
		-	





Invasion Games	7.1.3.1	Invasion Games	7.1.3.5
Pass and receive with competency using feet in combination with locomotor patterns of running and change of direction and speed in small-sided invasion games. For example: soccer or speedball.		Foot-dribble or dribble using an implement combined with passing in a variety of invasion game practice tasks.	
Invasion Games	7.1.3.6	Net & Wall Games	7.1.4.3
Shoot on goal with accuracy in small-sided invasion games.		Demonstrate forehand and backhand strokes using a long-handled implement in small- sided net and wall games. For example: badminton, tennis.	
Invasion Games	7.1.3.7	Net & Wall Games	7.1.4.4
Slide in all directions while on d without crossing feet in invasio practice tasks.		Forehand and backhand v control, using a short-han in small-sided net and waltasks.	dled implement





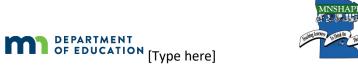
Net & Wall Games	7.1.4.1	Net & Wall Games	7.1.4.5
Execute a legal underhand serve to a predetermined target in net and wall small-sided games. For example: badminton, pickleball, volleyball.		Two-hand volley (underhand and overhand) with control in a small-sided net and wall game.	
Net & Wall Games	7.1.4.2	Target Games	7.1.5.1
Strike consistently using an overhand pattern in small-sided net and wall games. For example: badminton, handball, tennis.		Execute an underhand roll or toss in a target game. For example: bowling, bocce, horseshoes.	
Target Games	7.1.5.2	Individual Performance	7.1.8.1
Strike, using an implement and a stationary object for accuracy and distance in a target game. For example: croquet, shuffleboard, golf.		Demonstrate correct technique for a variety of skills in one individual-performance activity.	
Fielding & Striking Games	7.1.6.1		
Strike a pitched ball, using an implement, to open space in a variety of fielding and striking game practice tasks.			
Fielding & Striking Games	7.1.6.2	Outdoor Pursuits	7.1.7.1
Catch from different trajectories, using a variety of objects, in small-sided fielding and striking games.		Demonstrate correct technique for a variety of skills in an outdoor activity.	





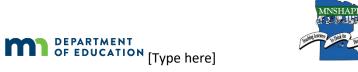


Invasion Games	7.2.1.1	Net & Wall Games	7.2.2.1
Execute at least two of the following offensive tactics in invasion game practice tasks to create open space: use a variety of passes, pivots and fakes; and give and go.		Create open space in net and wall game practice tasks, with a long-handled implement, by varying force and direction, and moving an opponent from side to side.	
Invasion Games	7.2.1.2	Net & Wall Games	7.2.2.2
Reduce open space on defense, in an invasion game practice task, by staying close to the opponent as he or she nears the goal.		Select an offensive shot based on an opponent's location in net and wall game practice tasks. For example: Hit where the opponent is not.	
Invasion Games	7.2.1.3	Target Games	7.2.3.1
Reduces open space, in an invasion game practice task, by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection.		Vary the speed and trajectory of a shot based on the location of the object in relation to the target in small-sided target games.	





Invasion Games	7.2.1.4	Fielding & Striking Games 7	7.2.4.1
Transition from offense to defense, or defense to offense, in an invasion game practice task, by recovering quickly and communicating with teammates.		Use a variety of shots to hit into open space in fielding and striking game practice tasks. For example: bunt, line drive, high arc.	
Fielding & Striking Games	7.2.4.2	Outdoor Pursuits	7.2.6.1
Analyze the correct defensive play based on the situation in fielding and striking practice tasks. For example: number of outs, position of runners.		Describe advanced skills and tac needed for participation in an o activity.	
Individual Performance	7.2.5.1		
Identify and apply Newton's I motion to various individual-pactivities.			





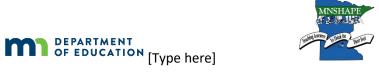
Physical Activity Knowledge 7.3.1.1	Fitness Knowledge 7.3.3.2	
Describe solutions for reducing barriers related to maintaining a physically active lifestyle.	Differentiate between dynamic and static stretches.	
Engages in Physical Activity 7.3.2.1	Fitness Knowledge 7.3.3.3	
Participate in a variety of strength- and endurance-fitness activities using technology or media. For example: Pilates, resistance training, body-weight training and light free-weight training.	Describe the specificity principle and how it affects fitness.	
Engages in Physical Activity 7.3.2.2	Fitness Knowledge 7.3.3.4	
Participate in moderate to vigorous muscle- and bone-strengthening physical activity at least three times a week.	Design a warm-up and cool-down regimen for a self-selected physical activity.	
Fitness Knowledge 7.3.3.1	Fitness Knowledge 7.3.3.5	
Define the components of skill-related fitness.	Monitor physical activity intensity by comparing and contrasting heart rate responses through a variety of physical activities.	
Fitness Knowledge 7.3.3.6	Stress Management 7.3.6.1	
Describe how muscles (muscular system) pull on bones (skeletal system) to create movement in pairs by relaxing and contracting.	Identify several strategies for dealing with stress. For example: deep breathing, guided visualization, aerobic exercise.	







Assessment and Program Planning 7.3.4.1	Nutrition 7.3.5.1
Use SMART goals, based on the results of a health-related fitness assessment, to design, implement, and modify a maintenance or remediation program for two health-related fitness areas. For example: SMART goals are specific and strategic, measurable, attainable, results-based and time-based.	Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity.
Assessment and Program Planning 7.3.4.2	
Maintain a physical activity and nutrition log for at least two weeks and reflect on activity levels and nutrition as documented in the log.	





Personal and Social Responsibility 7.4.1.1	Rules and Etiquette 7.4.4.1
Accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement.	Apply rules and etiquette while self- monitoring personal behavior during physical activities.
Personal and Social Responsibility 7.4.1.2	Safety 7.4.5.1
Demonstrate both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class.	Independently use physical activity and fitness equipment appropriately and safely. For example: fitness equipment, sport equipment, heart rate monitors
Feedback 7.4.2.1	Safety 7.4.5.2
Provide corrective feedback to a peer using teacher-generated guidelines and incorporating appropriate tone and communication skills.	Analyze a physical activity situation and make adjustments to ensure the safety of self and others.
Working with Others 7.4.3.1	
Problem-solve with a small group of classmates during small group initiatives or game play.	







Health	7.5.1.1	Self-expression and Enjoyment 7.5.3.2	
Chart and analyze personal screer behaviors.	n time	Explain how the relationship between physical activity and self-expression can lead to lifelong enjoyment of physical activity.	
Health	7.5.1.2		
Explain the positive impact partici	pation		
in physical activity has on one's ph	nysical,		
emotional, social and mental health.			
Challenge	7.5.2.1		
Generate positive statements suc	h as		
offering suggestions or assistance, leading			
or following others, and providing			
possible solutions when faced with a group challenge.			
Self-expression and Enjoyment	7.5.3.1		
Describe how self-selected physical			
activities create enjoyment.			





