

HEALTHFUL LIVING – PHYSICAL EDUCATION

NORTH CAROLINA ESSENTIAL STANDARDS

MOTOR SKILL DEVELOPMENT

7.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- PE.7.MS.1.1 Execute complex combinations of movement specific to game, sport, or physical activity settings games in at least one of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance and gymnastics.
- PE.7.MS.1.2 Illustrate fundamental motor skills and complex skills that contribute to movement proficiency in small sided game situations.
- PE.7.MS.1.3 Execute basic offensive and defensive strategies for an invasion game or net/wall activity.
- PE.7.MS.1.4 Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

MOVEMENT CONCEPTS

7.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.

- PE.7.MC.2.1 Apply concepts from other disciplines, such as physics, to movement skills.
- PE.7.MC.2.2 Contrast information from a variety of sources, both internal and external, in terms of their relevance to guiding, improving, and modifying performance.
- PE.7.MC.2.3 Apply game strategies and tactics at appropriate times and in appropriate ways.
- PE.7.MC.2.4 Understand the relationship between ones social life and healthy habits such as physical activity, nutrition, and sleep.

HEALTH-RELATED FITNESS

7.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.7.HF.3.1 Use the gender and age related health related physical fitness standard defined by an approved fitness assessment to self evaluate fitness levels.
- PE.7.HF.3.2 Analyze data to examine the relationship between physical activity and caloric intake.
- PE.7.HF.3.3 Illustrate a variety of training methods.

PERSONAL /SOCIAL RESPONSIBILITY

7.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.7.PR.4.1 Contrast between appropriate and inappropriate strategies to seek greater independence from adults when completing assigned tasks.
- PE.7.PR.4.2 Contrast between appropriate and inappropriate strategies to communicating ideas and feelings.
- PE.7.PR.4.3 Understand the role of diversity in physical activity respecting limitations and strengths of members of a variety of groups.