

<p>Dance and Rhythms 7.1.1.1</p> <p>Demonstrate correct rhythm and pattern for two of the following dance forms: folk, social, creative, line or world dance.</p>	<p>Invasion Games 7.1.3.2</p> <p>Throw, while moving, a leading pass to a moving receiver in invasion game practice tasks.</p>
<p>Invasion, Fielding & Striking Games 7.1.2.1</p> <p>Throw for distance and accuracy appropriate to the invasion or fielding and striking game practice tasks.</p>	<p>Invasion Games 7.1.3.3</p> <p>Execute at least one of the following skills designed to create open space during small-sided invasion games, with varying levels of defense: pivots, fakes, jab steps, and give and go.</p>
<p>Invasion, Fielding & Striking Games 7.1.2.2</p> <p>Catch from a variety of trajectories using different objects in invasion or fielding and striking small-sided games.</p>	<p>Invasion Games 7.1.3.4</p> <p>Dribble with preferred and non-preferred hands using a change of speed and direction in a variety of invasion game practice tasks.</p>

<p>Invasion Games 7.1.3.1</p> <p>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.</p>	<p>Invasion Games 7.1.3.5</p> <p>Foot-dribble or dribble using an implement combined with passing in a variety of invasion game practice tasks.</p>
<p>Invasion Games 7.1.3.6</p> <p>Shoot on goal with accuracy in small-sided invasion games.</p>	<p>Net & Wall Games 7.1.4.3</p> <p>Demonstrate forehand and backhand strokes using a long-handled implement in small- sided net and wall games. For example: badminton, tennis.</p>
<p>Invasion Games 7.1.3.7</p> <p>Slide in all directions while on defense without crossing feet in invasion game practice tasks.</p>	<p>Net & Wall Games 7.1.4.4</p> <p>Forehand and backhand volley, with control, using a short-handled implement in small-sided net and wall game practice tasks.</p>

<p>Invasion Games 7.2.1.1</p> <p>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.</p>	<p>Net & Wall Games 7.2.2.1</p> <p>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.</p>
<p>Invasion Games 7.2.1.2</p> <p>Reduce open space on defense, in an invasion game practice task, by staying close to the opponent as he or she nears the goal.</p>	<p>Net & Wall Games 7.2.2.2</p> <p>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.</p>
<p>Invasion Games 7.2.1.3</p> <p>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.</p>	<p>Target Games 7.2.3.1</p> <p>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.</p>

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

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

<p>Assessment and Program Planning 7.3.4.1</p> <p>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.</p>	<p>Nutrition 7.3.5.1</p> <p>Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity.</p>
<p>Assessment and Program Planning 7.3.4.2</p> <p>Maintain a physical activity and nutrition log for at least two weeks and reflect on activity levels and nutrition as documented in the log.</p>	

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

<p>Health 7.5.1.1</p> <p>Chart and analyze personal screen time behaviors.</p>	<p>Self-expression and Enjoyment 7.5.3.2</p> <p>Explain how the relationship between physical activity and self-expression can lead to lifelong enjoyment of physical activity.</p>
<p>Health 7.5.1.2</p> <p>Explain the positive impact participation in physical activity has on one’s physical, emotional, social and mental health.</p>	
<p>Challenge 7.5.2.1</p> <p>Generate positive statements such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge.</p>	
<p>Self-expression and Enjoyment 7.5.3.1</p> <p>Describe how self-selected physical activities create enjoyment.</p>	