



St. Mel's Catholic School

Physical Education Guidelines

Grade Seven

There are rapid physical, social and emotion changes occurring at this level. Students are

beginning to look for a sense of belonging, community, peer group, and team even as they are gaining more confidence in individual activities. They have an eagerness to test themselves, both individually and in groups. At this time it is appropriate to introduce individual sports rather than focus exclusively on team sports.

Movement Skills and Movement Knowledge

Seventh graders should learn more about the principles of spin and rebound. Spin results

when force is applied off the center of an object. Students should become familiar with and begin to experiment with spins of various types; counter clockwise, clockwise, backspin, and topspin. They should learn how spin can be used to gain strategic advantage by players who understand how to apply it. Motor learning at this level is based on performance is measurable in terms of technique, accuracy, distance, and speed. They should be able to chart their own motor skill development in specific activities and events. Seventh graders should understand that interrelationship of the health-fitness components in the development of optimum health and thus select specific exercises for each component. It is a good time to introduce the FIT guidelines for physical exercise, which are the appropriate frequency, intensity, and time required for the benefits to be accrued in each health-fitness component. At this stage student's growth rates vary considerably during this period of development. Many experience their most rapid growth, and an increasing number show signs of puberty. Students need to be aware that they must continue strenuous activity to maintain strength, speed, and endurance as their bodies change. They should be aware of the impact of such factors as exercise, relaxation, nutrition, stress, and substance abuse on the body's well being.

Manipulative

- Demonstrate mature techniques for the following patterns: overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying.
- Perform multicultural dances.

Combinations of Movement Patterns and Skills

- Combine manipulative, loco motor, and non loco motor skills into movement patterns.
- Demonstrate body management and object-manipulation skills needed for successful participation in individual and dual physical activities.
- Evaluate individual measures of physical fitness in relationship to patterns of



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physical activity.

Health and Performance

- Evaluate individual measures of physical fitness in relationship to patterns of physical activity.
- Develop individual goals, from research-based standards, for each of the five components of health-related physical fitness.
- Participate in moderate to vigorous physical activity a minimum of four days each week.
- Assess, set, and meet current health-related fitness standards as defined by fitness testing.
- Describe the role of physical activity and nutrition in achieving physical fitness.
- Identify the impact of such factors as nutrition, relaxation, stress, and substance abuse on the body's ability to participate in physical activity.
- Explain the effects of physical activity on heart rate during exercise, during recovery phase and while the body is at rest.

Self Image

At this level students should be given a variety of opportunities to experience controlled risks. Students are more likely to accept the challenge of setting personal goals for improvement related to health fitness and performance skills.

- Identify appropriate and inappropriate risks involved in adventure, individual, and dual physical activities.
- Accept responsibility for individual improvement.
- Accept and respect decisions made by game officials—whether they are students, teachers, or referees.
- Analyze potential consequences when confronted with a behavior choice.
- Demonstrate appropriate sportsmanship.
- Describe the relationship between a healthy lifestyle and physical, emotional, and social well being as is God's intention for us.

Social Development

Seventh graders are increasingly able to meet challenges, solve problems, and resolve conflicts within a group. They are more likely to express an appreciation for cooperation and fair play as they adhere to group rules. Students develop confidence to overcome anxieties associated with attempting something new making new friends, and beginning to accept their own limitations.

- Demonstrate an acceptance of differences in physical development and personal preferences as they affect participation in physical activity.
- Evaluate the effect of expressing encouragement to others while participating in a group physical activity.
- Identify the responsibilities of a leader in physical activity.
- Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities.



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- Handle conflicts that arise with others without confrontation.
- Work cooperatively with more and less skilled peers.