



Shakopee Area Catholic School
Physical Education/Health Standards and Benchmarks
Grade Level: 7

Students will demonstrate mature movement patterns.

- Students will demonstrate mature traveling skills in sport specific activities (dribble a basketball /soccer ball through a set of cones).
- Students will describe/analyze critical elements of correct movement patterns.
- Students will describe/demonstrate modification of movement skills that occur in basic sport activities (describe lateral movement needed to field a ground ball in softball or baseball or demonstrate spike approach in volleyball).

Students will perform rhythmic skills.

- Students will perform aerobic dance.
- Students will move to a variety of musical rhythmns.
- Students will perform 30 second jump rope routine using four basic jumps

Students will exhibit appropriate social behavior.

- Students will work cooperatively with others to achieve common goal.
- Students will develop leadership skills.
- Students will follow the rules.
- Students will accept responsibilities of being part of a team and attempt to make contributions towards team success.
- Students will understand and accept strengths/weaknesses of others.

Students will demonstrate spatial awareness.

- Students will contribute to development and maintenance of rules that provide for safe participation in physical activities.
- Students will show how to give others space when exercising and during activities.
- Students will apply concept of left/right, backwards/forwards in specific situations.
- Students will recognize unsafe situations in environment.

Students will perform with manipulative equipment.

- Students will assess throwing technique with different sizes and shapes of balls (softballs, footballs, playballs).
- Students will practice serving, passing, and setting skills with volleyballs and analyze performance.

- Students will demonstrate ability to get ball to a moving teammate (bounce pass to teammate cutting to basket in basketball or throwing a square out to receiver in football).
- Students will demonstrate passing, and shooting accuracy with hockey sticks/pucks.
- Students will practice/analyze swing with softball bats and balls.
- Students will determine best way to throw Frisbees.
- Students will demonstrate correct shooting technique in archery

Students will demonstrate fitness awareness.

- Students will participate in a personal fitness program.
- Students will assess personal fitness levels.
- Students will demonstrate understanding of all components of fitness.
- Students will choose health enhancing activities for leisure time.
- Students will choose personal activities outside of school for personal enjoyment.
- Students will participate in basic self defense classes.

Health

Strength Training

- Students will demonstrate strength exercises for different muscle groups.
- Students will participate in aerobic exercise.
- Students will describe names/locations of major muscles.

Bullying Prevention

- Students will identify bullying behaviors.
- Students will distinguish between overt and subtle bullying tactics.
- Students will demonstrate how to report bullying behaviors.

Alcohol, Tobacco, and Drug Awareness

- Students will identify medical issues associated with substance abuse.
- Students will analyze how media influences decision making.
- Students will create a tobacco poster.

Conflict Management

- Students will identify behaviors that escalate conflict.
- Students will demonstrate strategies to manage conflict.
- Students will practice their listening skills.

Self Defense

- Students will demonstrate defensive techniques.
- Students will demonstrate how to assertively say no or go away.
- Students will demonstrate how to avoid threatening situations.

Wilderness Survival

- Students will create a survival kit.

- Students will discuss basic first aid.
- Students will explain how to deal with poor weather conditions.

Suicide Prevention

- Students will recognize symptoms of depression.
- Students will learn how to recognize/report threats of suicide.
- Students will demonstrate strategies to reduce stress.