



SEVENTH GRADE Learning Objectives for **Physical Education**



FITNESS

The learner will

- strengthen and stretch major muscle groups (leg, arm, shoulder, abdominal muscles, upper body, mid-body, lower body, lower back).
- identify major bones and muscles.
- increase flexibility.
- increase cardiovascular endurance.

MOVEMENT

The learner will

- use movements concepts automatically in physical activities.
- use locomoto skills automatically in physical activities.
- use non-locomotor skills automatically in physical activities.

GYMNASTICS

The learner will

- develop competence in climbing, hanging, swinging, balancing, balancing while moving, springing and landing, falling and landing, performing a headstand, forward roll, backward roll, cartwheel, round-off and climbing.

RHYTHM AND DANCE (TO MUSIC OR BEAT)

The learner will

- develop patterns.
- move rhythmically in different pathways, directions and levels.
- explore rhythm, body, effort and space awareness.
- explore rhythm and tempo.
- explore rhythm and energy.

JUGGLING

The learner will

- toss and catch 3 scarves.
- juggle 3 bean bags or tennis balls.

GAME SKILLS

The learner will demonstrate competence in

- tossing and catching 3 scarves.
- juggling 3 bean bags.

BALL SKILLS

The learner will

- use the racquet accurately for serving, gripping, forehand and back hand strokes.
- practice lobs/drop shots/drive shots and smash.



SEVENTH GRADE Learning Objectives for **Physical Education**



BALL SKILLS

The learner will

- develop and practice soccer skills.
- control dribbling on inside and outside of foot.
- pass with accuracy.
- trap ball with inside and sole of foot.
- practice instep and toe kicks.
- develop skills in tackling technique, punt kicking, goal keeping, volley kicking, heading a ball.
- develop and practice baseball skills.
- develop skills in mitt use, throwing and catching.
- practice overhand throwing, underhand pitching, sidearm throwing, fielding grounders, fielding fly balls, base running, catching and batting.
- develop and practice basketball skills.
- develop skills in: one-hand dribbling, speed dribbling, bounce pass, two-handed chest pass, overhead pass, overhand shooting, lay-ups, jumpshots, free throw, defense and rebounding.
- develop and practice volleyball skills.
- develop skills in overhead pass, setting, back set, forearm bump pass, dig pass, dig and roll, net recovery, serves, serve reception, spike and block.

HOCKEY

The learner will

- develop skills in stick handling, carrying, dribbling, accurate passing, accurate shooting, receiving, visual tracking, facing off, goaltending and defense.

TRACK AND FIELD

The learner will

- take part in training runs.
- practice striding, standing apart, sprinting, long jump, middle distance running, long distance running and triple jump events.

TEAM SPORTS

The learner will

- be involved in team activities such as low organized games, relays, sportsmanship, teamwork and basketball, soccer, hockey, soft-ball, volley ball and cricket games.