

# Physical Education

## Seventh Grade

**Requirements:** California Department of Education requires students in grades 7-8 participate in a minimum of 200 minutes of physical activity each 5 days on a consistent basis. This includes understanding the importance of physical activity, understanding games and rules, good gamesmanship, personal hygiene, nutritious food choice and healthy living choices.

**Background:** Children at this stage are experiencing rapid physical, emotional and social changes. They are gaining individual confidence and have an eagerness to test themselves. This is an ideal time for students to begin taking on individual sporting activities rather than focus on team sports.

**Movement Skills:** Adventure based sports which include problem solving activities should be introduced at this age. Students are ready to understand the physics of sports and how ideas such as spin can be used to gain a strategic advantage by players who understand how to apply it. They are prepared to understand that performance is measured in terms of technique accuracy, distance and speed. Seventh graders are also able to understand the health-fitness aspects. This is a good time to introduce the concept of selecting specific exercises for optimum health. They should learn that frequency, intensity and time are required for a good health benefit. Most students experience considerable growth during this time. They should study the impact of such factors as exercise, relaxation, nutrition, stress and substance abuse on the body's ability to maintain health and general well-being. Seventh graders should be encouraged to try several new sports and physical activities previously untried. This is a time for students to gain the confidence to overcome anxiety associated with attempting new activities. Personal hygiene should be discussed in relation to bodily changes and healthy life style choices.

**Objectives: Students will be able to:**

- Develop and initiate a personal fitness plan.
- Leap, roll, balance, transfer weight, bat, volley, hand and foot dribble, and strike a ball using mature motor patterns.
- Participate in vigorous activity for a sustained period of time while maintaining target heart rate.
- Identify proper warm-up, conditioning and cool down techniques and the reasons for using them.
- Describe ways to use the body and movement activities to communicate ideas and feelings.
- Accept and respect the decisions made by game officials; whether they are students, teachers or school officials.
- Become engaged in activities that provide for a challenge, problem solving, decision making and risk taking.
- Incorporate physical activities into a daily and personal lifestyle.
- Become an educated consumer of personal hygiene products that enhance a healthy lifestyle.
- Practice healthy living activities on a consistent basis. (hand-washing, etc.)
- Make good nutrition choices based on knowledge of the food pyramid.
- Become a good consumer of nutrition products by reading labels and doing research.
- Understand that good choices, such as enough sleep, are vital to optimum health.