

Helena Public Schools
Grade 7
Physical Education Specialist
Health and Wellness

Health Maintenance & Enhancement

- Transfer catching skills to a variety of lead-up games & activities
- Dribble a ball using right & left foot with control
- Dribble a ball with right & left hand while moving without looking at the ball
- Transfer kicking skills to a variety of lead-up games & activities
- Transfer striking skills to a variety of lead-up games & activities
- Throw an object at a moving target
- Volley an object using hands, arms, or equipment back & forth with a partner
- Perform tricks and/or use equipment while jumping a long rope
- Continuously jump rope & perform intermediate tricks in a sequence
- Follow an instructor using both arm motions & correct steps to music
- Demonstrate appropriate locomotor techniques where required during physical activity
- Use balancing skills in a variety of activities to enhance performance & safety
- Combine rolling, transfer of weight, jumping, landing, & balance into a sequence on a mat
- Demonstrate appropriate ways to transfer weight from feet to other body parts where required during physical activity
- Demonstrate appropriate jumping & landing when jumping & landing during physical activity
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (i.e., spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Understand and demonstrate rules in games and activities
- Self-test, understand & interpret personal fitness status related to cardio-respiratory endurance, muscular strength & endurance, flexibility & body composition as measured by Fitnessgram

Functions & Interrelationships of Systems

- Monitor heart rate before, during, & after activity
- Demonstrates awareness of recovery time after strenuous activity
- Design & assess personal fitness plan
- Sustains aerobic workout for 20 minutes or longer with heart rate in the target heart rate zone

Risk Assessment & Reduction

- Identify bus, biking & walking safety expectations
- Apply appropriate safety rules to situation and use of equipment.
- Explain the cause & effect of following water safety rules
- Monitor heart rate before, during, & after activity
- Demonstrates awareness of recovery time after strenuous activity
- Design & assess personal fitness plan
- Sustains aerobic workout for 20 minutes or longer with heart rate in the target heart rate zone