

7th Grade Physical Education – Beginning Team Sports Activities

I Can Statements

Standard 1 ; Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

I can perform individual movement skills such as walking, running and jumping.

I can perform individual non-movement skills such as stretching, bending and twisting.

I can perform skills while working individually or with a partner in activities such as dribbling a basketball, kicking a soccer ball or volleying a volleyball.

Standard 2; Students will demonstrate understanding of movement concepts, principles and tactics as they apply to the learning and performance of physical activity.

I can recognize the similarities between manipulative skills in different skills such as a tennis serve and the overhand volleyball serve.

I can link different skills like dribbling and passing a basketball, receiving and dribbling a soccerball.

I can perform skills while moving alone or with partners.

I can participate regularly in physical activity.

I can participate in activities that promote physical fitness

Standard 3; Students will exhibit responsible personal and social behaviors that show respect for themselves and others in physical activity settings.

I can make safe choices for self and others in operating equipment properly.

I can follow the rules in activity participation.

I can keep winning and losing in perspective.