

Seventh Grade Physical Education Content Standards and Objectives		
Standard 1:	Movement Forms (PE.S.1)	
(PE.S.1)	Students will: demonstrate movement patterns and motor skills needed to perform a variety of physical activities.	
Objectives	Students will	PLT Activity and Page
PE.7.1.01	participate in a variety of modified individual, dual and team sports.	
PE.7.1.02	participate in a variety of non-competitive individual, dual and team activities.	
PE.7.1.03	create and perform a simple dance sequence in time to music.	
Standard 2:	Development of Motor Skills	
(PE.S.2)	Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	
Objectives	Students will	PLT Activity and Page
PE.7.2.01	analyze and demonstrate the basic skills necessary to participate in movement forms (e.g., eye-hand, eye-foot coordination).	#25 Birds and Worms p.111 #63 Tree Factory p.273
PE.7.2.02	reflect knowledge of rules and terminology necessary to participate in movement forms.	#63 Tree Factory p.273
PE.7.2.03	utilize appropriate practice plans to independently improve performance (e.g., rubric, checklist).	
Standard 3:	Physical Activity (PE.S.3)	
(PE.S.3)	Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	
Objectives	Students will	PLT Activity and Page
PE.7.3.01	participate in physical activity available in their community and state (e.g., bicycling, golfing, white water rafting, kayaking, hunting, fishing, skiing, mountain biking, hiking, rock climbing).	#54 I'd Like to Visit a Place Where... p.236
PE.7.3.02	research economic impact on regional resources relating to physical activity (e.g., internet search)	
PE.7.3.03	participate in physical activities both in and outside of school (e.g., physical education class, intramurals, recreation leagues).	#25 Birds and Worms p.111 #54 I'd Like to Visit a Place Where... p.236
Standard 4:	Physical Fitness (PE.S.4)	
(PE.S.4)	Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	

Fifth – Eighth Grade Physical Education - 21st CENTURY CONTENT STANDARDS AND OBJECTIVES FOR WEST VIRGINIA

Objectives	Students will	PLT Activity and Page
PE.7.4.01	meet the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.	
PE.7.4.02	examine health-related fitness of FITNESSGRAM components (e.g., body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility).	
PE.7.4.03	Identify personal fitness needs and participate in physical activities to improve specified fitness components (e.g., strength, flexibility and body composition).	
PE.7.4.04	explain the principles of progression and overload (e.g., gradual increase in F.I.T.T.).	
Standard 5:	Responsible Personal and Social Behavior (PE.S.5)	
(PE.S.5)	Students will identify and apply responsible, personal and social behaviors in physical activity settings.	
Objectives	Students will	PLT Activity and Page
PE.7.5.01	demonstrate cooperative team building skills appropriate for physical activity (e.g., equal opportunity for participation).	#25 Birds and Worms p.111 #68 Name That Tree p.288
PE.7.5.02	demonstrate appropriate conflict resolution skills (e.g., peer mediation).	
PE.7.5.03	demonstrate knowledge of rules, etiquette and safety while participating in various physical activities (e.g. sportsmanship, fair play).	
PE.7.5.04	practice decision-making and communication skills while participating in physical activity.	#68 Name That Tree p.288