

7TH GRADE PHYSICAL DEVELOPMENT CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors

MOVEMENT AND SAFETY

- _____ Demonstrate effective movement patterns in a variety of movement forms.
- _____ Perform selected sport skills using correct form.
- _____ Apply sport skills in game like situations using correct form
- _____ Explain manipulative and locomotor movement combinations in terms of mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base).
- _____ Demonstrate mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base) in a variety of manipulative skills.
- _____ Explain how to alter the outcome of a skill by application of a biomechanical principle.
- _____ Identify additional biomechanical principles.
- _____ Recognize potentially unsafe situations, facilities, and/or equipment.
- _____ Discuss how cooperative strategies might be employed during activity.
- _____ Practice offensive, defensive, and cooperative strategies used during games, activities, or sports.
- _____ Apply appropriate game rules.
- _____ Demonstrate good sportsmanship.
- _____ Discuss ways to resolve conflict during physical activity.

FITNESS

- _____ Identify and describe the benefits and elements of health-related fitness.
- _____ Identify the reasons for change in your Fitnessgram scores.

- _____ Participate in health-enhancing levels of physical activity on a daily basis.
- _____ Participate in a progression of activities that will maintain or improve personal fitness levels.
- _____ Define principles of training (FITT: frequency, intensity, time, and type) in a
- _____ Identify and monitor heart rate during activity (recommended use of a heart rate monitor).
- _____ Describe what happens to heart rate as intensity levels increase.
- _____ Interpret fitness test data.
- _____ Record heart rate before, during, and after exercise.
- _____ Match health-related fitness components to a valid assessment of each component.
- _____ Set personal goals from health-related fitness scores.
- _____ Identify a health-related fitness goal based on fitness levels, and select activities to meet that goal.
- _____ Identify fitness levels with use of Fitnessgram data.
- _____ Construct a personal plan to improve health- related fitness scores for one component.
- _____ Record scores and monitor progress.
- _____ Choose from a list of activities that can improve one's health/fitness plan.
- _____ Explain what activities can be used to improve health-related fitness scores.
- _____ Identify the FITT principles to create a plan for achieving a goal.
- _____ Develop a list of healthy behavioral choices to improve fitness levels.

RESPONSIBLE PLAY

- _____ Recognize situations where the decision-making process is needed when participating in physical activity.
- _____ Demonstrate the ability to remain on task when participating in physical activity for a designated period of time.

- _____ Demonstrate individual responsibility during group physical activity.
- _____ Demonstrate safety rules in effect during group physical activity.
- _____ Engage in safe physical activity when a teacher or peer is officiating.
- _____ Create rules for small groups engaged in physical activity.
- _____ Demonstrate positive behaviors that contribute to the success of a group.
- _____ Recognize the role an individual plays in group physical activity.
- _____ Examine how to change the rules of an activity or game in order to include every participant.

GROUP PHYSICAL ACTIVITY

- _____ Demonstrate effective leadership skills while interacting with others during structured group physical activity.
- _____ Practice making decisions when participating in structured group physical activity.
- _____ Apply decision-making model strategies during a variety of structured group physical activities.
- _____ Identify consequences of a variety of behavioral choices used when participating in structured group physical activity.
- _____ Identify strengths and weaknesses of roles played during a cooperative group physical activity.
- _____ Resolve conflicts that arise during structured group physical activity.
- _____ Respect and accept individual differences within a group participating in structured physical activity.
- _____ Make choices based on providing safety to self and others during structured group physical activity.
- _____ Find positive ways to assert independence during structured group physical activity.