

Grade 7 Healthy Living

Course Description: In this course students will be focusing on topics related to the National Health and Physical Education Standards. Personal and social responsibility, as well as fitness will be an emphasis during all units. All topics will relate to decision-making, influences, goal setting, communication, and relationships. Students will be utilizing technology while completing projects, discussing various topics, and engaging in their assessments.

Physical Education Standards and Learning Targets

Standard 1: Develops a variety of motor skills

As evidenced based on classroom assessments, the student is able to:

- HL7.1 Demonstrate multiple techniques to create open space during a variety of practice tasks and small-sided games (S1.8.18)

Standard 2: Applies knowledge related to movement and fitness concepts

As evidenced based on classroom assessments, the student is able to:

- HL7.2 Demonstrate knowledge of offensive tactics to create space with movement in invasion games (S2.8.2)
- HL7.3 Demonstrate knowledge of reducing open space with movement and denial in invasion games (S2.8.3)
- HL7.4 Select and apply the appropriate shot and technique in net and wall games (S2.8.4)
- HL7.5 Explain the relationships among nutrition, physical activity, and health factors (S2.8.20)
- HL7.6 Demonstrate knowledge of safety protocols in teacher-selected activities (S2.8.21)

Standard 3: Develops social skills through movement.

As evidenced based on classroom assessments, the student is able to:

- HL7.7 Demonstrate the ability to follow game rules in a variety of physical activity situations (S3.8.6)
- HL7.8 Recognize and implement safe and appropriate behaviors during physical activity and with exercise equipment (S3.8.7)
- HL7.9 Explain how communication, feedback, cooperation, and etiquette relate to leadership roles (S3.8.10)

Health Standards and Proficiency Targets

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

As evidenced based on classroom assessments, the student is able to:

- HL7.11 Describe how peers influence healthy and unhealthy behaviors (2.3.A3)

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

As evidenced based on classroom assessments, the student is able to:

- HL7.12 Demonstrate effective conflict management or resolution strategies (4.3.A1/4.3.A2)

West Salem Middle School is a Target-Based Grading and Reporting School. The learning targets above appear in the Skyward gradebook. Teachers provide feedback on each learning target to parents and students via the Skyward gradebook using a score of 3 (Proficient), 2 (Approaching), 1 (Needs Support), or 0 (No Evidence).