

## 7th Grade Physical Education Pacing Guide

Marking Period 1	Marking Period 2	Marking Period 3	Marking Period 4
Perform	Perform	Perform	Perform
<ul style="list-style-type: none"> <li>- utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle</li> <li>- demonstrate mechanically correct form and control when using and combining movement skills in applied settings (game/sport/dance/recreational)</li> <li>- demonstrate how equilibrium, rotation, and range of motion impact performance and apply the impact of force and motion during physical activity various settings</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- analyze participant and observer behaviors for evidence of good sportsmanship</li> <li>- use specific strategies, including visualization and positive self-talk, to prepare for physical activity and assess their effectiveness (sports psychology)</li> <li>- summarize the potential short and long term physical, social, and emotional benefits of regular physical activity</li> </ul>	<ul style="list-style-type: none"> <li>- differentiate how body systems adapt to acute exercise vs. regular exercise over a period of time and predict how factors such as health status, interests, environmental conditions, and available time impact personal fitness</li> <li>- analyze the positive and negative impacts of technological advances on exercise, health and fitness and describe ways to achieve a healthy body through healthy eating and physical activity</li> <li>- describe and demonstrate various training methods, including isotonic, isometric, interval, and circuit methods</li> </ul>	<ul style="list-style-type: none"> <li>- engage in variety of sustained, vigorous physical activities that enhance fitness; perform at the intensity level needed to enhance cardiovascular fitness, as determined by target heart rate, perceived exertion, and recovery heart rate</li> <li>- monitor physiological responses before, during and after exercise and compare changes</li> <li>- use data to develop a personal fitness plan and use technology to evaluate the implementation and outcomes; demonstrate age and gender specific progress toward improving fitness</li> </ul>