

## Catholic Identity Standards

**7.1 Catholic identity standards.** The student understands and integrates the content of what is learned into their faith and daily life.\*

- 7.1A recognize that every human life is sacred because each person is created and loved by God\*
- 7.1B describe ways to take part in/be responsible to the community by discerning and using our God-given gifts\*
- 7.1C recognize and oppose unjust social structures and work toward justice for all\*
- 7.1D see God at work in all things and as expressed in the sacraments\*
- 7.1E connect scripture, tradition, and the models of Mary and the saints to guide, grow, and deepen faith\*

## Fitness and Health

**7.2 Fitness and Health.** The student identifies the physical, emotional and spiritual components of healthy living.

Application	Standards
<b>7.2A Physical</b> demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness	7.2A.1 identifies different types of physical activities and describes how each exerts a positive effect on health 7.2A.2 participates in moderate to vigorous muscle- and bone-strengthening physical activity at least 3 times a week 7.2A.3 distinguishes between health-related and skill-related fitness 7.2A.4 describes and demonstrates the difference between dynamic and static stretches 7.2A.5 describes overload principle (FITT formula) for different types of physical activity, the training principles on which the formula is based and how the formula and principles affect fitness 7.2A.6 designs a warm-up and cool-down regimen for a self-selected physical activity 7.2A.7 defines how the RPE scale can be used to determine the perception of the work effort or intensity of exercise 7.2A.8 practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise
<b>7.2B Emotional</b> recognize the value of physical activity for health, enjoyment, challenge, self-expressions, and/or social interaction	7.2B.1 exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates 7.2B.2 provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills 7.2B.3 identifies why self-selected physical activities create enjoyment 7.2B.4 demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates 7.2B.5 identifies positive mental and emotional aspects of participating in a variety of physical activities
<b>7.2C Spiritual</b> describe ways to care for God's gift of life and health (CCC 2288)	7.2C.1 describe ways in which the cardinal virtues inform healthy choices (CCC 1803-1809) 7.2C.2 determine how communities (school, class, athletic teams) help us grow in virtue (CCC 1882) 7.2C.3 know that we show our love for others through our thoughts and actions

## Skill Building

**7.3 Skill Building.** The student demonstrates competency in a variety of motor skills and movement patterns.

Application	Standards
<b>7.3A Locomotor</b> demonstrate locomotor skills in a variety of ways	7.3A.1 demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line and world dance
<b>7.3B Manipulative</b> Invasion and Field Games	7.3B.1 throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment 7.3B.2 catches with a mature pattern from a variety of trajectories using different objects in small-sided game play

	7.3C <b>Manipulative</b> Invasion Games	7.3C.1 a. passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as soccer or speedball b. throws, while moving, a leading pass to a moving receiver 7.3C.2 a. executes at least 1 of the following designed to create open space during small-sided game play: pivots, fakes, jab steps b. performs the following offensive skills with defensive pressure: pivot, give and go, and fakes 7.3C.3 a. dribbles with dominant and non- dominant hands using a change of speed and direction in a variety of practice tasks b. foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks 7.3C.4 shoots on goal with power and accuracy in small-sided game play 7.3C.5 slides in all directions while on defense without crossing feet 7.3C.6 executes consistently (at least 70 percent of the time) a legal underhand serve to a predetermined target for net and wall games such as badminton, volleyball or pickleball
	7.3D <b>Manipulative</b> Net and Wall Games	7.3D.1 strikes with a mature overhand pattern in a dynamic environment for net/wall games such as volleyball, handball, badminton or tennis 7.3D.2 demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis 7.3D.3 transfers weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side 7.3D.4 forehand- and backhand-volleys with a mature form and control using a short- handled implement 7.3D.5 two-hand-volleys with control in a dynamic environment
	7.3E <b>Manipulative</b> Target Games	7.3E.1 executes consistently (70 percent or more of the time) a mature throwing pattern for target games such as bowling, bocce or horseshoes 7.3E.2 strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffle- board and golf
	7.3F <b>Manipulative</b> Field and Striking Games	7.3F.1 strikes a pitched ball with an implement to open space in a variety of practice tasks 7.3F.2 catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play
	7.3G <b>Safety</b> explain the basic principles of safety	7.3G.1 independently uses physical activity and exercise equipment appropriately and safely

## Applications in Games and Sports

**7.4 Applications in Games and Sports.** The student applies the critical elements of fundamental manipulative skills in a variety of physical activities.

Application	Standards
7.4A <b>Problem Solving Strategies</b> Invasion Games	7.4A.1 reduces open space by using loco- motor movements (e.g., walking, running, jumping and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal) 7.4A.2 executes at least 2 of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give and go 7.4A.3 creates open space by staying spread on offense, and cutting and passing quickly 7.4A.4 reduces open space on defense by staying close to the opponent as he/ she nears the goal 7.4A.5 reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection 7.4A.6 transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates
7.4B <b>Problem Solving Strategies</b> Net and Wall Games	7.4B.1 creates open space in net/wall games with a long-handled implement by varying force and direction, and by moving opponent from side to side 7.4B.2 varies the speed and/or trajectory of the shot based on location of the object in relation to the target
7.4C <b>Problem Solving Strategies</b> Target Games	7.4C.1 uses a variety of shots (e.g., line drive high arc) to hit the ball into open space

<b>7.4D</b> <b>Problem Solving Strategies</b> Fielding and Stick Games	7.4D.1 uses a variety of shots (e.g., line drive high arc) to hit the ball into open space 7.4D.2 selects the correct defensive play based on the situation (e.g., number of outs)
<b>7.4E</b> <b>Rules and Etiquette</b> understands the purpose of and applies appropriate rules, procedures and safe practices in physical activity settings	7.4E.1 demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance
<b>7.4F</b> <b>Playing as a Team</b> communicate positively with others	7.4F.1 demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts 7.4F.2 problem-solves with a small group of classmates during activities, small-group initiatives or game play