

District #64
Grade 7
Physical Education Learning Objectives

The students will be able to:

- Identify rules, strategies, and courtesies of various individual and team sports
- Understand the basic concepts of fitness improvement
- Transfer individual skills to games situation
- Integrate sport specific skills to game situations
- Monitor the intensity of exercise through a variety of methods with and without the use of technology
- Use identified procedures and safe practices during both group physical activities and in the fitness center