

# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for seventh grade physical education and offers some possible learning experiences students may engage in during this school year.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Physical Education for Middle Schools (6-8)

The physical education standards in grades six through twelve focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to refine various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities. Additionally, in the high school years, students are asked to develop personal fitness plans to reflect on benefits of committing to life-long health and wellness practices.

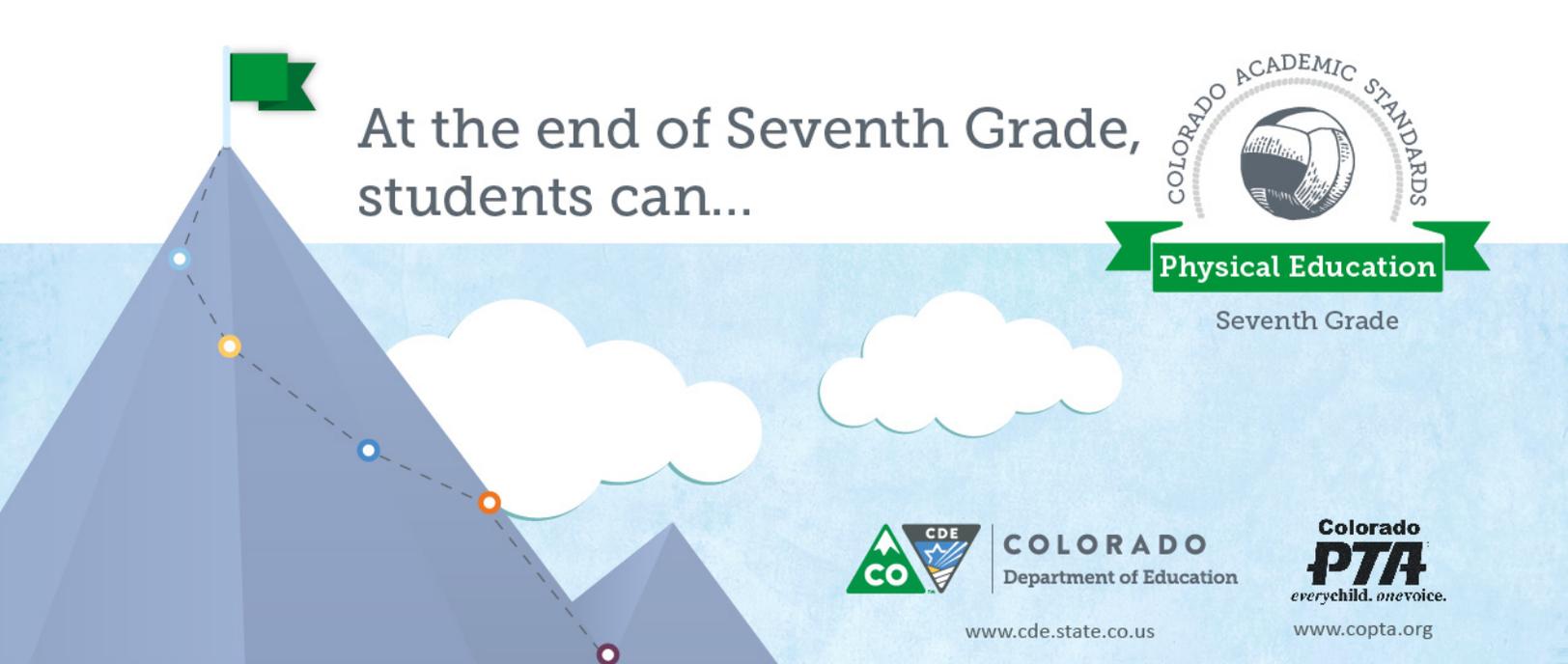
## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



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# At the end of Seventh Grade, students can...



**Physical Education**

Seventh Grade



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## Physical Education Learning Expectations for Seventh Grade

### Movement Competence and Understanding

- Combine the critical elements of movement and skills concepts (walking, running, jumping, throwing, catching).

### Emotional and Social Wellness

- Develop strategies to communicate ideas and feelings.
- Demonstrate inclusiveness in and out of classroom settings.

### Physical and Personal Wellness

- Implement safety procedures in the utilization of space and equipment.

## Throughout the Seventh Grade, you may find students...

- Developing an individual or two-person game that uses a manipulative skill, catching, throwing, kicking, jump roping; two different offensive strategies, and a scoring system.
- Sharing a created activity with peers; identifying key elements in the mature performance of overhand, sidearm, and underhand throwing catching.
- Demonstrating kicking and punting; striking; trapping; dribbling (hand and foot); and volleying.
- Demonstrating cooperation with peers through verbal and nonverbal communication skills; participating in group-cooperation games and adventure activities to encourage team building and healthy life habits.
- Applying decision-making skills to modify a game to increase the number of participants.
- Reviewing components of safety and applying the rules of activities to maintain a safe environment.