

7th Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can demonstrate the pass, set, spike, hit in a group of three for volleyball.</p>	<p>___ I can explain each of the FITT training principles.</p>	<p>___ I can stay on task without close teacher monitoring.</p>	<p>___ I can participate, compete and cooperate in team activities to achieve a common goal.</p>
<p>___ I can demonstrate the ability to pass the ball while under cover and then move to open space to receive it again (Give-and-Go).</p>	<p>___ I can list three activities that can elevate my heart rate into my target zone.</p>	<p>___ I can identify both positive and negative behaviors of a sports celebrity.</p>	<p>___ I can use only positive comments and encouragement while participating in a 'teamwork' setting.</p>
<p>___ I can relay a throw from the outfield to the infield (softball).</p>	<p>___ I can compare and contrast running and walking.</p>	<p>___ I can identify displays of both positive and negative sportsmanship.</p>	<p>___ I can identify personal emotions experienced during an activity.</p>
<p>___ I can demonstrate shots on a soccer goal from various spots on the field.</p>	<p>___ I can teach a skill to another student.</p>	<p>___ I can stay on task without close teacher monitoring.</p>	<p>___ I can list the social benefits of participation in physical activity.</p>
	<p>___ I can choose an activity that I would like to improve and create a plan for improvement.</p>	<p>___ I can demonstrate supportive behavior toward a teammate and toward an opponent.</p>	