

**PULASKI COMMUNITY MIDDLE SCHOOL PHYSICAL EDUCATION  
BENCHMARKS AND PERFORMANCE INDICATORS  
GRADE 7**

<b>STANDARD A: Leading an Active Lifestyle</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Participate in physical activities that contribute to the attainment and maintenance of a healthy lifestyle.
7 B	Establish personal physical activity goals.
7 C	Participate in a variety of new activities in and outside of the physical education class.
<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Documents and describes regular participation in some form of physical activity, including an attempt at new activities.
2.	Describes proper warm-up, conditioning, and cool-down techniques and explains the reason for using them.
3.	Describes how physical activities enhance well-being.
<b>STANDARD B: Physical Skill Development</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Apply motor skills in modified group and individual game situations.
7 B	Develop strategies (skills) to accomplish lifelong activities.
7 C	Apply movement skills to perform lifelong activities.
<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Combines basic skills toward continuous movement throughout an activity.
<b>STANDARD C: Learning Skills</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Understand advanced movement forms associated with developing higher skills in physical activities.
<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Practices skills repetitively to improve performance or engages in activity to improve health status.
<b>STANDARD D: Understanding Physical Activity and Well-Being</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Express satisfaction when engaging in physical activity.
7 B	Understand how challenges can enhance his/her performance in physical activities.
7 C	Understand long-term physiological benefits of regular participants in physical activity.
7 D	Help to create an environment that provides for positive social interaction.

<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Expresses feelings of satisfaction while participating in a majority of physical activities.
2.	Participates in physical activities that are personally challenging.
3.	Participates in the five areas of physical performance.
4.	Demonstrates good sportsmanship and cooperation toward all peers.
<b>STANDARD E: Health-Enhancing Fitness</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Describe how to and develop a plan to improve his/her personal level of physical fitness.
7 B	Understand the role exercise plays in body composition.
7 C	Understand the basic principles of training that improve physical fitness.
<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Describes the physiological and psychological benefits resulting from physical activity.
2.	Describes the cause and effect relationship of body composition and exercise.
3.	Documents participation in a variety of health related fitness activities with goal setting for improvement.
<b>STANDARD F: Respectful Behavior</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Follow rules, procedures, and etiquette in all physical-activity settings.
7 B	Work cooperatively with others to achieve a common goal in a physical activity.
7 C	Understand and follow the concept of "sportsmanship" and the importance of responsible behavior when participating in physical activities.
<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Follows the rules, procedures, and etiquette appropriate for the activity performed.
2.	Meets goal while working cooperatively in an activity.
3.	Demonstrates behaviors that are supportive, inclusive, and fair in physical activity settings.

<b>STANDARD G: Appreciation of Differences</b>	
<b>Benchmarks Grade 7</b>	<b>The student will:</b>
7 A	Demonstrate respect and support for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability.
<b>Performance Indicators Grade 7</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Describes how he/she accepts differences in people of different gender, cultures, ethnicity, and ability levels.