


Grade 7 Physical Education Summary

Name:


Outcome	Score	Comments
7.1 Personal Health Related Fitness		
7.2 Daily Nutrition and Fluid Intake		
7.3 Skeletal System		
7.4 Cross Training		
7.5 Complex Skills		
7.6 Biomechanics		
7.7 Movement Concepts		
7.8 Decision Making		
7.9 Alternate Environment		
7.10 Volunteerism and Leadership		
7.11 Influences		
7.12 Safety Guidelines		
7.13 Positive Connections		
7.14 Canada's North		

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Outcome 7.1 Create & Implement a Personal Health-Related Fitness Plan

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and regularly engage in continuous aerobic activity	Can exceed 11 consecutive minutes	Can exceed 9 consecutive minutes	Can exceed 7 consecutive minutes	Can exceed 5 consecutive minutes	Less than 5 minutes		
Demonstrate and regularly use safe techniques for flexibility exercise	Can demonstrate for at least 20 exercises	Can demonstrate for at least 15 exercises	Can demonstrate for at least 10 exercises	Can demonstrate for at least 5 exercises	Can demonstrate for less than 5 exercises		
Demonstrate effective techniques that challenge muscular endurance	Can demonstrate at least 10	Can demonstrate at least 8	Can demonstrate at least 6	Can demonstrate 4 or less	Has not demonstrated appropriate technique		
Design and lead others in a flexibility and muscular endurance workout	Can lead for at least 5 minutes	Can lead for at least 4 minutes	Can lead for at least 3 minutes	Can lead for at least 2 minutes	Can lead for 1 minute or less		
Analyze personal fitness appraisals to determine personal strengths and weaknesses to create and implement a personal fitness plan	Evaluates, creates and reflects on a personal fitness plan which incorporates FITT principles to improve cardio endurance, muscular endurance and flexibility	Evaluates and creates a personal fitness plan which incorporates FITT principles to improve cardiovascular endurance, muscular endurance and flexibility	Creates a personal fitness plan which includes only 2 of the health related fitness components	Creates a personal fitness plan which includes 1 of the health related components	Has not created a fitness plan		
Utilizes heart rate and target heart zone	Able to calculate target heart zone and draw conclusions from the results	Able to calculate target heart zone			Unable to calculate target heart rate zone		

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Outcome 7.2 Examine Personal Daily Nutrition Habits & Fluid Intake Practices

Trait	5	4	3	2	1	Points Earned	Comments
Communicate the contributions of the essential nutrients in the performance of the body	List 3 or more benefits of each of the 6 essential nutrients	List 2 benefits of each of the 6 essential nutrients	List 1 benefit of each of the 6 essential nutrients	Can list all of the 6 essential nutrients but no benefits	Cannot identify all 6 of the essential nutrients		
Monitor and assess own fluid intake practices to apply knowledge of recommended levels to daily behaviors	Revises personal fluid practices according to activity level		Logs daily fluid intake and has a knowledge of daily levels	Keeps a log but doesn't understand recommended daily levels	Does not keep a log		
Investigate the nutritional and performance benefits and detriments of commercially sport and energy drinks	Explains benefits and detriments and applies this knowledge to varying activity level and environments		Understands the benefits and detriments but doesn't apply this knowledge		Does not understand benefits or detriments		
Evaluate your own food consumption choices and level of activity	Applies knowledge of food consumption and activity level and revises personal choices		Monitors own food consumption and personal activity level but has no action plan for change		Does not consider food consumption and activity level in personal choices		

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Outcome 7.3 Demonstrate and Understand of the Effects of Exercise & Inactivity on the Skeletal System

Trait	5	4	3	2	1	Points Earned	Comments
Identifies the location of selected bones in the body and refers to them by the proper names	Identifies, locates 12 bones and refers to by proper names	Identifies, locates 10 bones and refers to by proper names	Identifies, locates 8 bones and refers to by proper names	Identifies, locates 6 bones and refers to by proper names	Identifies, locates 5 or less bones and refers to by proper names		
Explain how the skeletal joints are constructed and how they work with muscles and ligaments	Can explain how 5 joints are constructed and how they work	Can explain how 4 joints are constructed and how they work	Can explain how 3 joints are constructed and how they work	Can explain how 2 joints are constructed and how they work	Can explain how 1 or less joints are constructed and how they work		
Communicate the impact of exercise and inactivity on the skeletal system	Can explain how inactivity may cause injury, illness or disease and how exercise can prevent it		Can explain how inactivity causes illness and disease		Cannot explain how inactivity may cause injury, illness or disease and how exercise can prevent it		

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Outcome 7.4 Cross Training Examine & Apply Strategies Cross-Training in different movement activities

Trait	5	4	3	2	1	Points Earned
Create and participate in skill stations that address specified criteria related to health related skill and related components and sport skill performance	Participates in and creates stations which all 3 criteria from the trait are addressed	Participates in and creates stations which 2 of 3 criteria from the trait are addressed	Participates in and creates stations which 1 of 3 criteria in the trait are addressed	Participates or creates stations but not both	Does not participate or create a station	
Respond to the question "What does cross-training have to do with me if I don't play any sports?" (verbal or written)	Responds to the question and makes connections to their personal experience		Responds to the question		Does not respond	
Identify and participate in a variety of body management activities that have a direct benefit to overall fitness and skill	Demonstrates 5 or more body management activities to improve overall fitness and skill	Demonstrates 4 or more body management activities to improve overall fitness and skill	Demonstrates 3 or more body management activities to improve overall fitness and skill	Can only participate or identify (but not both) in body management activities	Cannot identify or does not participate in body management activities	

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Outcome 7.5

Complex Skills

Trait	5	4	3	2	1	Points Earned
Communicate performance words to demonstrate an understanding of performance cues	Can perform a skill at game appropriate speed without hesitation communicate 5 or more performance cues	Can demonstrate complex skills and communicate 4 performance cues but not at game speed	Can demonstrate the complex skill but cannot communicate 3 performance cues	Can communicate the performance cue but not demonstrate the complex skills	Cannot communicate performance cues to support complex skills	

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Outcome 7.6

Biomechanics

Trait	5	4	3	2	1	Points Earned	Comments
Understand the biomechanical principles of balance and stability	Examine principles of balance and stability and demonstrate improvements	Apply, through movement, an understanding the principles of balance and stability	Can communicate, through movement, an understanding of balance and stability	Can explore, through movement, the principles of balance and stability	Cannot communicate or demonstrate the principle of balance or stability		
Understand the biomechanical principles of spin	Can examine and explain how applying spin to an object affects it momentum	Can apply spin to an object	Can communicate how applying spin to an objects affects its momentum	Beginning to explore the effect of spin on an object	Cannot communicate or demonstrate the principle of spin		
Understand the biomechanical principles of rotation	Can examine and explain how applying rotation affects momentum	Can apply, through movement, an understanding of the principle of rotation	Can communicate, through movement, how rotation affects momentum	Explore, through movement, how rotation affects momentum	Cannot communicate or demonstrate the principle of rotation		

Comments

Total Points



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Outcome 7.7 Movement Concepts

Trait	5	4	3	2	1	Points Earned
Analyze and apply movement concepts in net/wall games	Is able to perform a variety of movements and given guidance to others	Is able to perform a variety of movements associated with net/wall games	Executes often movement skills associated with net/wall games	Attempts to execute movement skills associated with net/wall games	Cannot perform movement concepts associated with net/wall games	
Analyze and apply movement concepts in striking/fielding games	Is able to perform a variety of movements and given guidance to others	Is able to perform a variety of movements associated with striking/fielding games	Executes often movement skills with striking/fielding games	Attempts to execute movement skills associated with striking/fielding games	Cannot perform movement concepts associated with striking/fielding games	
Analyze and apply rules for selected team movement activities	Is able to use proper terminology and give guidance to others to teach rules	Is able to use proper terminology and apply rules to selected team movement activities	Often uses proper terminology and inconsistently applies rules to selected team movement activities	Attempts to use proper terminology and attempts to apply rules to selected team movement activities	Does not understand proper terminology or rules in selected team movement activities	

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Outcome 7.8 Decision Making

Trait	5	4	3	2	1	Points Earned	Comments
Make situational decisions in a variety of target games	Make revision to strategies to improve team play	Make decisions for self and others to advance team performance	Make decisions for yourself to advance individual performance	Attempts to make decisions but cannot execute	Cannot make decision for self or others		
Make situational decisions in a variety of striking/fielding games	Make revision to strategies to improve team play	Make decisions for self and others to advance team performance	Make decisions for yourself to advance individual performance	Attempts to make decisions but cannot execute	Cannot make decision for self or others		
Make situational decisions in a variety of low-organizational and cooperative games	Make revision to strategies to improve team play	Make decisions for self and others to advance team performance	Make decisions for yourself to advance individual performance	Attempts to make decisions but cannot execute	Cannot make decision for self or others		

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Outcome 7.9 Alternate Environment & Body Management

Trait	5	4	3	2	1	Points Earned	Comments
Use movement skills and combination of skills in alternate environment activities	Create and perform a combination of skills for alternate environment activities	Create <u>or</u> perform a combination of skills for alternate environment activities	Model a combination of skills for alternate environment activities	Attempts to perform a combination of skills for alternate environment activities	No attempt made		
Use movement skills and combination of skills in body management activities	Create and perform a combination of skills for body management activities	Create <u>or</u> perform a combination of skills for body management activities	Model a combination of skills for body management activities	Attempts to perform a combination of skills for body management activities	No attempt made		

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Outcome 7.10 Volunteerism & Leadership

Trait	5	4	3	2	1	Points Earned
Plan, organize, lead and evaluate cooperatively movement activity	Completes all 4 criteria listed in the trait	Completes 3 criteria listed in the trait	Completes 2 criteria listed in the trait	Completes 1 criteria listed in the trait	Cannot list criteria listed in the trait	

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Outcome 7.11 Influences

Trait	5	4	3	2	1	Points Earned	Comments
Examine the external influences that affect movement skill development	Research facility and program options available and propose solutions to deficits		Research facility and program options available		Cannot identify facilities available		

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Outcome 7.12 Safety Guidelines

Trait	5	4	3	2	1	Points Earned
Demonstrates automation in the use of safety skills while participating in activities	Always follows guidelines for safe play	Usually follows guidelines for safe play	With reminders will follow guidelines for safe play	Sometimes follows rules and guidelines for safe play	Has difficulty following rules designed for safety	

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Outcome 7.13 Positive Connections

Trait	5	4	3	2	1	Score	Comments
Demonstrates a personal commitment to positive social behavior while participating in and watching activities (Hellison's Model)	Level Five: Caring Exhibits all of level four Works with everyone in the class willing Compliments and encourages others Takes care of equipment Asks and provides assistance to teacher and other student Concerned with the progress of others	Level Four: Self-Responsibility Shows respect Makes good choices Honest and fair Admits mistakes and apologizes Works on activities independent of teachers Works with other to settle argument quickly	Level Three: Involvement Listens and follows direction Shows at least minimal respect Stays on task only when teacher is watching Willing to try and are involved in activities Participates with reservation	Level Two: Self Control Does not call names Controls temper Does not disrupt class Listens, but does not actively -participate Really does not put forth any effort Cruising in neutral, but not bothering anybody	Level One: Irresponsible Blames others Name calling Disruptive Negative Makes excuses Does not play by the rules Aggressive behavior Does not listen or participate		

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Outcome 7.14 Canada's North

Trait	5	4	3	2	1	Points Earned
Represent both the historical and present impact of Canada's Northern people on the development of movement activity options	Willingly participates in movement activities originating with Canada's Northern peoples	Usually participates in movement activities originating with Canada's Northern people	Often participates in movement activities originating with Canada's Northern people	Does not fully engage in the activities	Does not participate in activities	

Comments	Total Points