

6.8 CURRICULUM INTEGRATION – GRADE 7

PHYSICAL EDUCATION

Movement

- S.1.7.C.1 Apply functional use of selected activity-specific skills (e.g., care and carrying of equipment, compass and map reading, star turn, snowplough) in alternative pursuits (e.g., orienteering, hiking, skiing).

Fitness Management

- K.2.7.C.4 Identify personal factors and preferences for choosing physical activities (e.g., personal interests, influence of friends, appreciation of the outdoors, affiliation, competition, cooperation, fun) for fitness and health.
- S.2.7.A.3a Demonstrate the use of assessment strategies (e.g., activity log, activity calendar, stopwatch, computer database program, heart-rate monitor) to determine, organize and record fitness results and physical activity participation.
- S.2.7.A.3b Chart own fitness results (e.g., using information technology) throughout the year to determine effects of activity participation and/or specific training on personal progress.

Safety

- K.3.7.A.1 Determine safety rules, routines, and procedures related to selected activities, including territory/invasion-type and striking/fielding-type activities (e.g., no blocking or tackling in flag football).
- K.3.7.B.1 Describe ways to respond to dangerous situations in the community (i.e., school intruders, home invasion, hazing, Internet use).

- K.3.7.B.4 Describe ways to seek help related to different types of accidents and/or dangerous situations (i.e., situations involving vehicles, bicycles, water, fire, choking, thin ice, violence, shaken baby syndrome, babysitting).

Personal and Social Management

- S.4.7.A.1 Assess and revise personal health and academic goals (e.g., fitness goal, movement skill goal, nutrition goal, active living goal, personal health-practice goal, academic goal) to enhance health and well-being.