

Revised 2017

7th Grade PE Power Standards

1. I can set, compare and analyze personal physical fitness goals to my current physical status.
2. I can demonstrate an underhand or overhand serve in volleyball from at least halfway from the net.
3. I can demonstrate all positions of soccer.
4. I can shoot a layup using correct form in basketball.
5. I can demonstrate the “give and go” and “backdoor” plays in basketball.
6. I can demonstrate correct rhythm and pattern for different dances, such as folk (square dancing), social (the Waltz), creative, line and world dance.
7. I can demonstrate proper procedure for an infant’s obstructed airway (First Aid unit).
8. I can exhibit responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates.