### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

*Within the context of Aquatics students will:*

- **7.1.1** Apply basic aquatic movement patterns
- **7.1.2** Swim freestyle and one other stroke comfortably.
- **7.1.3** Demonstrate an understanding of basic individual skills in water polo - single hand throw and catch, movement into space

*Within the context of Racquet Sports students will:*

- **7.1.4** Demonstrate swing skills including grip, forehand and backhand and understands racket position/placement for spin, angle, and trajectory
- **7.1.5** Demonstrate an intermediate understanding of footwork, i.e. cross-step, lunge, back-pedal, balance

*Within the context of Team Sports students will:*

- **7.1.6** Transfer basic athletic and movement patterns from one team sport to another, i.e. ready position
- **7.1.7** Demonstrate comfort in moving with an implement
- **7.1.8** Demonstrate an intermediate understanding of basic individual skills in team sport

*Within the context of Adventure Sports students will:*

- **7.1.9** Transfer basic climbing movement patterns, i.e. centre of gravity, limbs in opposition, points of contact, to new challenges (high elements, etc) with teacher guidance
- **7.1.10** Demonstrate a safe use of personal space to maintain safety in a specific role, i.e. spotter, back up belayer, etc.
- **7.1.11** Demonstrate comfort in basic climbing skills, ascending/descending/traversing
- **7.1.12** Demonstrate intermediate safety while bouldering, spotting, and climbing

### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

*Within the context of Aquatics students will:*

- **7.2.1** Apply aquatics based warm-up activities by demonstrating techniques for classmates
- **7.2.2** Transfer basic aquatics and movement concepts from one activity to another - streamline out from flip turns
- **7.2.3** Execute basic water polo strategy when instructed by teacher
- **7.2.4** Demonstrate a basic awareness of personal space in aquatic activities - lane sharing, water polo tactics

Adapted from National Association for Sport and Physical Education Standards

For assessment purposes, emphasis will be on Standards 3-6 with Standards 1-2 representing instructional focus.

Adapted by the Board on January 29, 2009
Within the context of **Racquet Sports** students will:

- **7.2.5** Apply basic warm-up activities by demonstrating techniques for classmates
- **7.2.6** Apply intermediate racket sport movement concepts, i.e. limbs in opposition, kinetic link principle
- **7.2.7** Demonstrate an intermediate understanding of rules, scoring, and lines of the court
- **7.2.8** Demonstrate basic use of personal space in relation the court and partners

Within the context of **Team Sports** students will:

- **7.2.9** Apply basic warm-up activities by demonstrating techniques for classmates
- **7.2.10** Understand movement away from play and value of creating open space
- **7.2.11** Execute basic team sport strategy when instructed by teacher
- **7.2.12** Recognize and correct errors in skill execution with minimal prompting

Within the context of **Adventure Sports** students will:

- **7.2.13** Independently perform basic warm-up activities
- **7.2.14** Perform basic climbing strategies and movement principles with teacher guidance
- **7.2.15** Apply problem solving skills to team challenges and consider group dynamics when prompted
- **7.2.16** Recognize and correct unsafe behavior and actions
- **7.2.17** Reflect upon individual and group performance with minimal teacher guidance

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### Standard 3: Participates regularly in physical activity.

**Within the context of** **Aquatics, Racquet, Team and Adventure Sports** students will:

- **7.3.1** Participate in physical activities inside and outside of school
- **7.3.2** Identify physical activities that result in more steps - as measured by a pedometer
- **7.3.3** Identify physical activities that result in a higher level of activity

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Adapted from National Association for Sport and Physical Education Standards

For assessment purposes, emphasis will be on Standards 3-6 with Standards 1-2 representing instructional focus. Adapted by the Board on January 29, 2009
**Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**

*Within the context of Aquatics, Racquet, Team and Adventure Sports students will:*

- **7.4.1** Identify activities that emphasize the various components of health related physical fitness
- **7.4.2** Participate in activities designed to improve muscular strength and endurance, flexibility, cardio respiratory endurance, and body composition both during and outside of school
- **7.4.3** Set goals and strive to maintain fitness test scores in the 'Healthy Fitness Zone'
- **7.4.4** Require minimal prompting to put forth best effort to maintain/improve fitness level.

**Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

*Within the context of Aquatics, Racquet, Team and Adventure Sports students will:*

- **7.5.1** Remain on task with minimal reminders
- **7.5.2** Demonstrate responsible participation in activities
- **7.5.3** Cooperate with, support and encourage all classmates regardless of ability
- **7.5.4** Demonstrate leadership and assist others in class
- **7.5.5** Demonstrate sportsmanship and fair play with minimal supervision

**Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

*Within the context of Aquatics, Racquet, Team and Adventure Sports students will:*

- **7.6.1** Strive to approach each activity with a positive outlook
- **7.6.2** Appropriately challenge themselves during physical activity and fitness tasks
- **7.6.3** Identify physical activities outside of school that increase their self-confidence and self-esteem
- **7.6.4** Understand the physical and social benefits of lifelong activity

*Adapted from National Association for Sport and Physical Education Standards*

*For assessment purposes, emphasis will be on Standards 3-6 with Standards 1-2 representing instructional focus.*

*Adapted by the Board on January 29, 2009*