

## What is it we expect students to learn? Identifying Essential Standards

**Grade Level:** 7th  
**Subject:** Physical Education

**Team Members:** Medsker and Houchin

1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?	6. Enrichment Standards
Apply terminology, scoring, etiquette, player position, equipment, safety and rules to individual, dual and team sports.	Participation and demonstration of appropriate rules and behaviors.	Knowledge of appropriate motor skills for sports activity	Observation and participation	Throughout the year	
Apply terminology, scoring, etiquette, player position, equipment, safety and rules to outdoor and recreational activities.	Participation and demonstration of appropriate rules and behaviors.	Knowledge of appropriate motor skills for outdoor and recreational activities	Observation and participation	Throughout the year	
Dance	Demonstration of appropriate social skills, etiquette and courtesies	Simple rhythmic movements and dance etiquette	Observation and participation	First semester	
Understand how to perform core lifts from the Bigger, Faster, Stronger program.	Performance of lifts properly		Observation and participation	Throughout the year	
Identify and demonstrate safe practices when using fitness equipment.	Performance of lifts properly		Observation and participation	Throughout the year	
Sportsmanship	Demonstration of cooperation, teamwork and appropriate behaviors.	Understanding of what is appropriate and inappropriate when participating.	Observation and participation	Throughout the year	

1. Standard: What is the essential standard to be learned? Describe in student-friendly vocabulary.
2. Example/Rigor: What does proficient student work look like? Provide an example and/or description.
3. Prior Skills Needed: What prior knowledge, skills, and/or vocabulary is needed for a student to master this standard?
4. Common Assessment: What assessment(s) will be used to measure student mastery?
6. When will this standard be taught?
6. Enrichment: What supplementary standards/skills enrich the essential standard?