

7th Grade Proficiency Scales

Strand: 1

Standard: They are still mastering basic manipulative skills, and are ready to engage in lead-up games and drills that provide a progression toward participation in regulation or advanced play. Students will apply skills in modified games, and may be introduced to regulation rules and game play. Instruction includes an introduction to training principles and activities that can enhance health-related fitness as students pursue personal fitness goals.

Level: 7th Grade

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.	Sample Tasks
Score 3.0	<p>The student:</p> <ul style="list-style-type: none"> ● Performs manipulative skills while working with a partner ● Identifies which aspects of weight transfer are common in a variety of skills ● Identifies which aspects of opposition and follow-through are common in a variety of skills, identifies aspects of body and target alignment that are common for a variety of skills. <p>The student exhibits no major errors or omissions.</p>	<p>Participating in activities with fluidity of motion and purpose on offense and defense.</p> <ul style="list-style-type: none"> ● Throw using the T, L, step throw technique ● Dribble, pass shoot a soccer ball ● Overhand serve, bump, set a volleyball ● Use a drop shot, lob and smash while hitting a birdie over the net
Score 2.0	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> ● Basic beginner terminology of sports being taught. ● offense, defense, catching, throwing, shooting, passing, serving, fouls, violations <p>I can</p> <ul style="list-style-type: none"> ○ Hit/strike an object while its moving ○ Throw using proper technique ○ Catch/trap an object ○ Know the difference between offense and defense <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>	<ul style="list-style-type: none"> ● drills on basic fundamentals ● proper follow through ● Proper form demonstrated with partner or group
Score 1.0	<p>With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.</p>	
Score 0.0	<p>Even with help, no understanding or skill demonstrated.</p>	

Strand: 2

Standard: Students will use tactics utilizing space, pathways, speed direction, force for effective movement in an activity setting. Students will utilize defensive and offensive strategies to gain advantage in a game setting.

Level: 7th Grade

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.	Sample Tasks
Score 3.0	The student: <ul style="list-style-type: none">• Performs skills in an increasingly complex environment• Understands how moving to open space and gaining position can benefit performance in a variety of game situations.• Strikes, shoots or throws a ball to a specific target.• Establishes a ready position for skill performance The student exhibits no major errors or omissions.	<ul style="list-style-type: none">● small games● offensive drills● defensive drills
Score 2.0	There are no major errors or omissions regarding the simpler details and processes as the student: <ul style="list-style-type: none">• recognizes or recalls sport specific terminology such as:<ul style="list-style-type: none">○ dribble, offense, defense, pass, catch, shoot, throw• I can<ul style="list-style-type: none">○ move to open space for effective offensive and defensive maneuvers○ change directions quickly○ follow through with effective force However, the student exhibits major errors or omissions regarding the more complex ideas and processes.	<ul style="list-style-type: none">● playing offense● playing defense● throwing drills● passing drills● shooting drills● perform proper motor skill for the lesson being taught
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.	
Score 0.0	Even with help, no understanding or skill demonstrated.	

Strand: 3

Standard: Students will identify the components of designing, monitoring, and evaluating physical fitness. They will recognize and apply fitness concepts of personal activities to maintain a lifetime of fitness.

Level: 7th Grade

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.	Sample Tasks
Score 3.0	<p>The student:</p> <ul style="list-style-type: none"> ● Assess own fitness level and create personal fitness goals, create personal goals based on fitness assessment results. ● Monitor progress toward personal fitness goals using a checklist or journal. <p>The student exhibits no major errors or omissions.</p>	<ul style="list-style-type: none"> ● Participating in activities and meeting or beating the Presidential and FitnessGram Test result. Design a program to advance and meet fitness goals. ● Understand where they are on their fitness level ● Comparing them to the Presidential Standards and Fitnessgram Standards ● Evaluating their results and making goals for their next assessment
Score 2.0	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <p>vocabulary: aerobic, anaerobic, goals, target heart rate zone, Presidential Fitness, FitnessGram</p> <ul style="list-style-type: none"> ● I can <ul style="list-style-type: none"> ○ complete both anaerobic and aerobic assessments ○ find and record target heart rate during these tests ○ set goals for my fitness level <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>	<ul style="list-style-type: none"> ● Run, do a curl-up, do a push-up with correct form and technique while performing the fitness objective of that day ● Pace myself and breath correctly so that I can get the best results possible ● Filling out their assessment results
Score 1.0	<p>With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.</p>	
Score 0.0	<p>Even with help, no understanding or skill demonstrated.</p>	

Strand: 4

Standard: Students exhibit personal responsibility in a group setting by working well with others, accepting feedback, and understanding how rules and etiquette contribute to a safe and enjoyable environment.

Level: 7th Grade

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.	Sample Tasks
Score 3.0	<p>The student:</p> <ul style="list-style-type: none"> ● Demonstrate an understanding of different skill levels among peers in physical activity settings. ● Consider various strategies for resolving personal conflict with sensitivity to the rights and feeling of others. ● Understand and apply inclusive rules to include less skilled players. ● Identify exclusionary behavior that purposely omits students from being included. <p>The student exhibits no major errors or omissions.</p>	<ul style="list-style-type: none"> ● Sportsmanship in all areas ● Work things out before talking to a teacher ● Allow all to join your group regardless of skill level ● Emphasis not on winning and losing but playing the activity correctly by the rules
Score 2.0	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <p>vocabulary: sportsmanship, responsibility, foul language, constructive criticism</p> <ul style="list-style-type: none"> ● I can <ul style="list-style-type: none"> ○ Be safe all the time ○ Use correct language ○ Listen to feedback ○ Take responsibility for actions <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>	<ul style="list-style-type: none"> ● Focuses on winning not playing the activity by the rules ● Has excuses instead of listening to feedback ● Uses foul language not appropriate for school ● Not safe during activity
Score 1.0	<p>With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.</p>	
Score 0.0	<p>Even with help, no understanding or skill demonstrated.</p>	

Strand: 5

Standard: Students understand that physical activity provides the opportunity for enjoyment, challenges, self-expression, and social interaction.

Level: 7th Grade

Score	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.	Sample Tasks
Score 4.0		Go out of their way to make sure everyone is included, always being safe, following rules and directions, and working through pain of physical activity.
Score 3.0	The student: <ul style="list-style-type: none">● Celebrate the successes and achievements of self and others.● Identify the feelings resulting from meeting challenges.● Differentiate between appropriate and inappropriate risks. The student exhibits no major errors or omissions.	<ul style="list-style-type: none">● Celebrate the small victories in class with your team● Not quitting when things are perceived as being hard● Not engaging in behaviors which might hurt others
Score 2.0	There are no major errors or omissions regarding the simpler details and processes as the student: vocabulary: challenges, quitting, giving up, hard work, successes, <ul style="list-style-type: none">● I can<ul style="list-style-type: none">○ Not quit when perception is the activity is hard○ Meet challenges given by peers or teacher○ Actively participates every day to improve self However, the student exhibits major errors or omissions regarding the more complex ideas and processes.	<ul style="list-style-type: none">● Gives up when activity doesn't feel good● Doesn't meet any challenges● Takes risks which hurt others or self
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.	
Score 0.0	Even with help, no understanding or skill demonstrated.	

