

**Texas Essential Knowledge and Skills
Grade 7
Physical Fitness**

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(7.7)
(D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

Texas Essential Knowledge and Skills

Grade 7

Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(7.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (7.4)
- (A) List long term physiological and psychological benefits that may result from regular participation in physical activity.
- (B) Assess physiological effects of exercise during and after physical activity.
- (C) Match personal physical activities to health related fitness components.
- (D) Analyze the strength and weakness of selected physical activities.
- (E) Identify proteins, fats, carbohydrates, water, vitamins, and minerals, as key elements found in foods that are necessary for optimal body function.
- (F) Identify and apply basic weight training principles and safely practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance of muscle pairs.

**Texas Essential Knowledge and Skills
Grade 7
Physical Fitness**

Movement
Physical Activity and Health
Social Development
 Physical Fitness

Anchors

(7.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.4)
(G) Describe and predict the effects of fitness-related stress management techniques on the body.
- (H) Explain the effects of eating and exercise patterns on weight control, self-concept and physical performance.
- (I) Recognize the effects of substance abuse on personal health and performance in physical activity.

**Texas Essential Knowledge and Skills
Grade 7**

Physical Fitness

Movement
Physical Activity and Health
Social Development
 Physical Fitness

Anchors

(7.3) Physical Activity and Health
The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.3)
- (D) Evaluate personal fitness goals and make appropriate changes for improvement.
- (E) Select and use appropriate technology tools to evaluate, monitor, and improve physical development.

**Texas Essential Knowledge and Skills
Grade 7**

Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Physical Fitness

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2) (C) Describe the importance of goal setting and improving skills.
- (7.2) (E) Make appropriate changes in performance based on feedback.
- (7.1) (C) Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking.

**Texas Essential Knowledge and Skills
Grade 7
Leisure/Lifetime Sports**

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Movement Physical Activity and Health Social Development Golf	Anchors (7.1) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movements forms.	(7.1) (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
Golf	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (C) Describe the importance of goal setting and improving skill; (D) Detect and correct errors in personal or partner’s skill performance. (E) Make appropriate changes in performance based on feedback.
Golf	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
Golf	(7.3) Physical Activity and Health The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.	(7.3) (A) Participate in games,sports, dance, and/or outdoor, pursuits in and outside of school based on individual intersests and/or capabilities. (B) Identify favorite lifelong physical activities.

**Texas Essential Knowledge and Skills
Grade 7
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development
Golf

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Golf

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Golf

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(7.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.

(7.6)
(A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
(D) Describe fundamental components on strategies used in net/wall, invasion target, and fielding games a such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and field-back up others players.

(7.7)
(B) Work cooperatively in a group to acheive group goals in competitive as well as cooperative settings;
(D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Movement Physical Activity and Health Social Development Archery	Anchors	
	(7.1) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.	(7.1) (F) Demonstrate, without cue, critical elements in specialized skills related to sports. (G) Combine skills competently to participate in modified versions of team and individual sports.
	Archery	(7.2) (C) Describe the importance of goal setting and improving skill; (D) Detect and correct errors in personal or partner's skills performance. (E) Make appropriate changes in performance based on feedback.
Archery	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (C) Describe the importance of goal setting and improving skills; (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development

Badminton
Tennis

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
- (F) Demonstrate, without cue, critical elements, in specialized skills related to sports.
- (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
- (B) Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving;
- (C) Describe the importance of goal setting and improving skill;
- (D) Detect and correct errors in personal or partner's skills performance.
- (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development

Badminton
Tennis

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Badminton
Tennis

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
(F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (7.7)
(A) Solve problems in physical activities by analyzing causes and potential solutions;
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative setting;
(C) Accept decisions made by game officials such as student, teachers, and officials outside the school
(D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
(E) Recognize the role of games, sport and dance in getting to know and understand others.

Texas Essential Knowledge and Skills

Grade 7

Leisure/Lifetime Sports

Movement
Physical Activity and Health
Social Development

Bowling

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Bowling

(7.6) Social Development
The student understands basic components such a strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

Bowling

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

(7.5)

- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

(7.6)

- (A) Distinguish between compliance and noncompliance with rules and regulations and apply agreed upon consequences when officiating.
- (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.

(7.7)

- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
- (C) Accept decisions made by game officials such as student, teachers, and officials outside the school.
- (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
- (E) Recognize the role of games, sports and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development
Bowling

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Bowling

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Bowling

(7.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
(C) Describe the importance of goal setting and improving skill;
(D) Detect and correct errors in personal or partner’s skill performance.
(E) Make appropriate changes in performance based on feedback.
- (7.2)
(F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (7.3)
(A) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.
(B) Identify favorite lifelong physical activities.

**Texas Essential Knowledge and Skills
Grade 7
Leisure/Lifetime Sports**

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Movement Physical Activity and Health Social Development Rope Skipping	Anchors (7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (C) Describe the importance of goal setting and improving skill; (D) Detect and correct errors in personal or partner’s skill performance (E) Make appropriate changes in performance based on feedback.
Rope Skipping	(7.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	(7.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.
Rope Skipping	(7.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(7.7) (A) Solve problems in physical activities by analyzing causes and potential solutions; (B) Work cooperatively in a group to achieve group goals in competitive as well as

**Texas Essential Knowledge and Skills
Grade 7
Leisure/Lifetime Sports**

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Movement Physical Activity and Health Social Development Outdoor Pursuit Skills- Orienteering	Anchors (7.1) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.	(7.1) (A) Coordinate movements with teammates to achieve team goals. (G) Combine skills competently to participate in modified versions of team and individual sports.
Outdoor Pursuit Skills- Orienteering	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (C) Describe the importance of goal setting and improving skill; (D) Detect and correct errors in personal or partner’s skills performance. (E) Make appropriate changes in performance base on feedback.
Outdoor Pursuit Skills- Orienteering	(7.5) Physical Acitivity and Health The student understands and applies safety practices associated with physical activities.	(7.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.
Outdoor Pursuit Skills- Orienteering	(7.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(7.7) (A) Solve problems in physical activities by analyzing causes and potential solutions; (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings; (D) Use peer interaction positively to enhance personal physical activity and safely such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 7
Tumbling**

Movement
Physical Activity and Health
Social Development
Tumbling

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Tumbling

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Tumbling

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
(A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
- (D) Detect and correct errors in personal or partner's skill performance
- (E) Make appropriate changes in performance based feedback.
- (7.2)
(F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (7.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
(D) Analyze exercise for their effects on the body such as beneficial/potentially dangerous.

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development
Table Tennis

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Table Tennis

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.5)
- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development
Table Tennis

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Table Tennis

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
- (B) Identify and apply similar movement concepts and elements in a variety of sports such as throwing and tennis serving;
 - (C) Describe the importance of goal setting and improving skills.
 - (D) Detect and correct errors in personal or partner’s skills performance.
 - (E) Make appropriate changes in performance based on feedback.
- (7.7)
- (B) Work cooperatively in a group to achieve group goals in competitives as well as cooperative settings;
 - (C) Accept decisions made by game officials such as student, teachers, and officials outside the school.
 - (D) Use peer interaction positively to enhance personal physical activity safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development
Track and Field

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Track and Field

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.5)
- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.
- (C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind cold, heat, and insects and recommend prevention and treatment.
- (E) Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion; and heat cramps and recommend prevention methods.

- (7.7)
- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
- (D) Use peer interaction positively to enhance personal physical activity and safely such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 7
Individual/Dual Sports**

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:	
Movement Physical Activity and Health Social Development Track and Field	Anchors (7.1) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.	(7.1) (A) Coordinate movements with teammates to achieve team goals. (C) Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking; (F) Demonstrate, without cue, critical elements in specialized skills related to sports.	
Track and Field	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (C) Describe the importance of goal setting and improving skills; (D) Detect and correct errors in personal or partner's skills performance; (E) Make appropriate changes in performance based on feedback.	
Track and Field	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support and;	

**Texas Essential Knowledge and Skills
Grade 7
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development
Rope Skipping

Anchors

(7.1) Physical Activity and Health
The student exhibits a health enhancing physically active lifestyles that provides opportunities for enjoyment and challenge.

Rope Skipping

(7.4) Physical Activity and Health
The student knows the benefits from the involvement in daily physical activity and factors that affect physical performance.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
(B) Participate in moderate to vigorous health related physical activities on a regular basis.
(D) Identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skinfold calipers, and impedance testing equipment.
- (7.4)
(A) Describe selected long-term benefits of regular physical activity.
(B) Classify activities as being aerobic or anaerobic.
(C) Describe the effects of aerobic exercise on the heart and overall health.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Softball

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Softball

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (B) Identify and apply similar movement concepts and elements in a variety of sports skills such as throwing and tennis serving;
 - (C) Describe the importance of goal setting and improving skill;
 - (D) Detect and correct errors in personal or partner's skill performance.
 - (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Softball

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Softball

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
- (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

- (7.5)
- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Softball

Anchors

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Softball

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.6)
- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
- (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall, alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.
- (7.7)
- (A) Solve problems in physical activity by analyzing causes and potential solutions;
- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
- (C) Accept decisions made by game officials such as student, teachers, and officials outside the school.
- (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
- (E) Recognize the role of games, sport, and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Basketball

Anchors

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Basketball

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.6)
- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
 - (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall, alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.
- (7.7)
- (A) Solve problems in physical activity by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (C) Accept decisions made by game officials such as student, teachers, and officials outside the school.
 - (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
 - (E) Recognize the role of games, sport, and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Movement Physical Activity and Health Social Development Basketball	Anchors (7.2) Movement The student applies movement concept and development of motor skills.	(7.2) (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and (G) Use basic offensive and defensive strategies while playing a modified version of a sport.
Basketball	(7.3) Physical Activity and Health The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.	(7.3) (A) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.
Basketball	(7.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	(7.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Basketball

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Basketball

(7.2) Movement
The student applies movement concept and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (B) Identify and apply similar movement concepts and elements in a variety of sports skills such as throwing and tennis serving;
 - (C) Describe the importance of goal setting and improving skill;
 - (D) Detect and correct errors in personal or partner's skills performance.
 - (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Flag Football

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Flag Football

(7.2) Movement
The student applies movement concept and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
- (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
- (C) Demonstrate appropriate speed and generation of force; such as running sprints, running distance, throwing a disc, jumping, kicking.
- (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
- (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

Texas Essential Knowledge and Skills

Grade 7

Team Sports

Movement
Physical Activity and Health
Social Development
Flag Football

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Flag Football

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance, and gymnastics.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (7.1)
- (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.
 - (C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat and insects; and recommend prevention and treatment.
 - (E) Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion and heat cramps and recommended prevention methods.
- (7.6)
- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
 - (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement and fielding-back up other players.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Flag Football

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Flag Football

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
 - (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (B) Identify and apply similar movement concepts and elements in a variety of sports skills such as throwing and tennis serving;
 - (C) Describe the importance of goal setting and improving skills.
 - (D) Detect and correct errors in personal or partner’s skill performance.
 - (E) Make appropriate changes in performance based on feedback.
- (7.7)
 - (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitives as well as cooperative settings;
 - (C) Accept decisions made by game officials outside school.
 - (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
 - (E) Recognize the role of games, sports and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Volleyball

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (C) Describe the importance of goal setting and improving skills;
 - (E) Make appropriate changes in performance based on feedback.

Texas Essential Knowledge and Skills

Grade 7

Team Sports

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Volleyball

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance, and gymnastics.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (7.5)
- (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.
 - (C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat and insects; and recommend prevention and treatment.
 - (E) Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion and heat cramps and recommended prevention methods.
- (7.6)
- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.

**Texas Essential Knowledge and Skills
Grade 7**

Team Sports

Movement
Physical Activity and Health
Social Development
Soccer
Kickball

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Soccer
Kickball

(7.2) Movement
The student applies movements concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
 - (C) Demonstrate appropriate speed and generation of force; such as running sprints, running distance, throwing a disc, jumping, kicking.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
 - (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

Texas Essential Knowledge and Skills

Grade 7

Team Sports

Movement
Physical Activity and Health
Social Development

Soccer
Kickball

Soccer
Kickball

Soccer
Kickball

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports dance and gymnastics.

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (7.5)
 - (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.
- (7.6)
 - (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
 - (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.
- (7.7)
 - (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (C) Accept decisions made by game officials such as student, teachers, and officials outside the school.
 - (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
 - (E) Recognize the role of games, sport, and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development

Soccer
Kickball

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice specific game situations, or practice jumps or cartwheels in both directions.
- (C) Describe the importance of goal setting and improving skill;
- (D) Detect the correct errors in personal or partner's skill performance.
- (E) Make appropriate changes in performance base on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development

Field Hockey
Gym Hockey

Anchors

(7.2) Movement
The student applies movements concepts and principles to the learning and development of motor skills.

Field Hockey
Gym Hockey

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Field Hockey
Gym Hockey

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.2)
(G) Use basic offensive and defensive strategies while playing a modified version of a sport.
- (7.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
- (7.6)
(A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
(B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back-up other players.

Texas Essential Knowledge and Skills

Grade 7

Team Sports

Movement
Physical Activity and Health
Social Development

Field Hockey
Gym Hockey

Field Hockey
Gym Hockey

Anchors

(7.1) Movement

The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

(7.2) Movement

The student applies movements concepts and principles to the learning and development of motor skills.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

(7.1)

- (A) Coordinate movements with teammates to achieve team goals.
- (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
- (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
- (G) Combine skills competently to participate in modified versions of team and individual sports.

(7.2)

- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
- (B) Describe the importance of goal setting and improving skill;
- (D) Detect and correct errors in personal or partner's skill performance.
- (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
 Field Hockey
 Gym Hockey

Anchors

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.7)
- (A) Solve problems in physical activities by analyzing caused and potential solutions;
- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
- (C) Accept decisions made by game officials such as student, teachers and officials outside the school.
- (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
- (E) Recognize the role of games, sport, and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(7.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.

Volleyball

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.6)
- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
 - (B) Describe fundamental components on strategies used in net/wall, invasion target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.
- (7.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (C) Accept decisions made by game officials such as student, teachers, and officials outside the school.
 - (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
 - (E) Recognize the role of games, sport and dance in getting to know and understand others.

Texas Essential Knowledge and Skills

Grade 7

Team Sports

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(7.2) Movement
The student applies movement concepts and development of motor skills.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (7.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non- dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (B) Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving;

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Team Handball

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Team Handball

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.
- (7.2)
- (C) Describe the importance of goal setting and improving skills;
 - (D) Detect and correct errors in personal or partner's skill performance.
 - (E) Make appropriate changes in performance based on feedback.
 - (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

**Texas Essential Knowledge and Skills
Grade 7
Team Sports**

Movement
Physical Activity and Health
Social Development
Team Handball

Anchors

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Team Handball

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(7.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.

(7.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
(D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 7**

Individual/Dual Sports

		Texas Essential Knowledge and Skills (TEKS)
		Student Expectations:
Movement Physical Activity and Health Social Development Weight Training	Anchors	
	(7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(7.2) (C) Describe the importance of goal setting and improving skills; (D) Detect and correct errors in personal or partner’s skill performance. (E) Make appropriate changes in performance based on feedback.
	Weight Training (7.2) Movement The student applies movement concepts and principles to the learning and development of motor skills	(7.2) (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of the support; and
	Weight Training (7.3) Physical Activity and Health The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.	(7.3) (A) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities. (B) Identify favorite lifelong physical activities. (D) Evaluate personal fitness goals and make appropriate changes for improvements.
Weight Training (7.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(7.7) (A) Solve problems in physical activities by analyzing causes and potential solutions; (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings; (D) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and	

**Texas Essential Knowledge and Skills
Grade 7**

Individual/Dual Sports

Movement
Physical Activity and Health
Social Development
Weight Training

Anchors

(7.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Weight Training

(7.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Weight Training

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.4) (E) Identify proteins, fats carbohydrates, water, vitamins, and minerals ask key elements found in foods that are necessary for optimal body function.
- (F) Identify and apply basic weight training principles and safely practices such as appropriate goals, appropriate weight and repetitions, body, alignment, principle of frequency intensity, and time, and importance of balance in muscle pairs.
- (7.4) (H) Explain the effects of eating and exercise patterns on weight control, self-concept and physical performance and
- (I) Recognize the effects of substance abuse on personal health and performance in physical activity.
- (7.5) (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.
- (D) Analyze exercise for their effects on the body such as beneficial/potentially dangerous.

**Texas Essential Knowledge and Skills
Grade 7
Rhythms**

Movement
Physical Activity and Health
Social Development
Aerobic Dance

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Aerobic Dance

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Aerobic Dance

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
(A) Coordinate movements with teammates to achieve team goals.
(D) Perform selected folk, country, square, line, creative, and/or aerobic dances.
(E) Design and perform sequences of dance steps/movements in practiced sequences with intentional changes in speed, direction and flow.
- (7.2)
(D) Detect and correct errors in personal or partner's skills performance.
(E) Make appropriate changes in performance based on feedback.
- (7.2)
(D) Detect and correct errors in personnel or partner's skills performance.
(E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 7
Rhythms**

Movement
Physical Activity and Health
Social Development

Folk Dance
Country Dance
Square Dance
Line Dance
Creative Dance

Folk Dance
Country Dance
Square Dance
Line Dance
Creative Dance

Folk Dance
Country Dance
Square Dance
Line Dance
Creative Dance

Folk Dance
Country Dance
Square Dance
Line Dance
Creative Dance

Anchors

(7.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

(7.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (7.1)
(A) Coordinate movements with teammates to achieve team goals.
(D) Perform selected folk, country, square, line, creative, and/or aerobic dances.
(E) Design and perform sequences of dance steps/movements in practiced sequences with intentional changes in speed, direction and flow.
- (7.2)
(D) Detect and correct errors in personal or partner’s skills performance.
(E) Make appropriate changes in performance based on feedback
- (7.3)
(A) Participate in games, sports, dance and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.
(B) Identify favorite lifelong physical activities.
- (7.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative setting.
(E) Recognize the role of games, sport and dance in getting to know and understand others.

**Texas Essential Knowledge and Skills
Grade 7**

Leisure/Lifetime Sports

Movement
Physical Activity and Health
Social Development
Rope Skipping

Anchors

(7.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Rope Skipping

(7.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Rope Skipping

(7.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

- (7.2) Student Expectations:
(C) Describe the importance of goal setting and improving skill;
(D) Detect and correct errors in personal or partner's skills performance.
(E) Make appropriate changes in performance based on feedback.
- (7.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
- (7.7)
(A) Solve problems in physical activities by analyzing causes and potential solutions;
(B) Work cooperatively in a group to achieve group goals in competitive as well as