**Fitness – 7th Grade**



**Students will exhibit responsible personal and social behaviors that show respect for themselves and others in physical activity settings.** (Standard #5)

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| **Learning Objectives** | **I Can perform it** | **Still working on it** | **Don’t know how** |
| 1**.** I Can make safe choices for self and others in operating equipment properly. |  |  |  |
| 2. I Canconsider consequences when confronted with a behavior choice. |  |  |  |
| 3**.** I Can follow rules in activity participation. |  |  |  |
| 4. I Can keep winning and losing in perspective. |  |  |  |
| 5. I Can resolve interpersonal conflicts with empathy for rights and feeling of others. |  |  |  |
| 6. I Can understand how to act independently of peer pressure. |  |  |  |
| 7. I Can demonstrate the ability to follow as well as lead in activity settings. |  |  |  |
| 8. I Can accept decisions of officials in a respectful manner. |  |  |  |
| 9. I Can recognize the influence of peer pressure. |  |  |  |
| 10. I Can participate respectfully and display sensitivity to the feelings of others while participating in activities with students of different abilities, gender, skills, and cultures. |  |  |  |
| 11. I Can handle conflicts that arise with others without confrontation. |  |  |  |

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| Fitness Language students should know and use: | consequences, perspective, interpersonal conflicts, empathy, peer pressure, confrontation |