**Fitness – 7th Grade**



**Students will value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

(Standard #6)

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| **Learning Objectives** | **I Can perform it** | **Still working on it** | **Don’t know how** |
| 1**.** I Can see recognize the positive connection between proper nutrition and exercise. |  |  |  |
| 2. I Canrecognize that effective fitness and activity program choices will vary among individuals. |  |  |  |
| 3**.** I Can use activity participation to reduce stress. |  |  |  |
| 4. I Can participate in activities that develop all elements of physical fitness. |  |  |  |
| 5. I Can celebrate successes and achievements by self and others. |  |  |  |
| 6. I Can participate in activities that are personally challenging and rewarding. |  |  |  |
| 7. I Can identify appropriate risks in activity selection. |  |  |  |
| 8. I Can appreciate how physical activity can provide social interaction among people of varying ability levels in team activities. |  |  |  |
| 9. I Can understand the role of constructive criticism or feedback in learning. |  |  |  |

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| Fitness Language students should know and use: | Stress, appropriate risks, social interaction |