

| Standard Code | Standards |
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| MS7-PE-FM-BMV.01.00.0 | Will apply critical elements of movement to various activities (e.g. transfer of learning, swing, throwing, strike, biomechanics). |
| MS7-PE-PF-HRSR.01.00.0 | Analyze activities to determine whether they provide health related fitness, skill-related fitness or both. |
| MS7-PE-PF-HRSR.02.00.0 | Identify the FITT Principle (frequency, intensity, time, type) and how it relates to exercise. |
| MS7-PE-PSB-PSR.01.00.0 | Select appropriate conflict resolution skills in a physical activity setting (e.g. self-control, respect, peer influence). |
| MS7-PE-RD-RA.01.00.0 | Apply fundamental movement skills to create a simple movement sequence (e.g. locomotor, monolocomotor, self-expression, self-evaluation). |
| MS7-PE-RD-RA.02.00.0 | Design an exercise routine to accompany music that emphasizes fitness components (e.g. jump rope, aerobics, line dance). |
| MS7-PE-SS-IDTS.01.00.0 | Apply terminology, scoring, etiquette, player position, and equipment, safety principles, and game rules for individual, dual, and team sports. |
| MS7-PE-SS-IDTS.02.00.0 | Apply basic offensive and defensive strategies in a modified game setting. |
| MS7-PE-SS-OP.01.00.0 | Apply terminology, scoring, etiquette, safety, principles, and rules appropriate for outdoor pursuits and recreational activities. |
| MS7-PE-SS-ST.01.00.0 | Develop and progress. |