**7th Grade Semester One I will’s**

**Personal Fitness**

I will participate in pre and post fitness assessments to set goals to improve my fitness level.

I will compare physical activity and calorie expenditure.

I will participate in different types of training to reach my fitness goals.

**Catching and Collecting**

I will be able to catching/collecting an object while moving in an activity or small sided game.

I will catch/collect from a dribble; pivot and catch; give and go, catch; collect/ catch/shoot; group catching/collecting with defenders and partner catching/collecting.

I will demonstrate correct throwing/ passing skills with accuracy with complex skills when playing in small sided game situations.

I will solve problems by analyzing causes and potential solutions.

**Throwing/Passing**

I will be able to throw/ pass an object while moving in an activity or small sided game to a moving target.

I will pass from a dribble; pivot and pass; give and go, catch; pass/shoot; group passing with defenders and partner pass.

I will demonstrate correct throwing/ passing skills with accuracy with complex skills when playing in small sided game situations.

I will solve problems by analyzing causes and potential solutions.

**Striking with hands**

I will be able to strike a ball using my arms/hands toward stationary targets while moving and incorporate this in a small sided game.

I will effectively use the forearm pass, overhead attack and serve in a small sided game.

I will lower the center of gravity and widen my base of support to accurately pass the ball in a small sided game.

I will accomplish cooperation goals in cooperative and competitive games.

**Individual/Teaching Strategies**

I will use concepts from other subjects when performing moving skills.

 I will use information from different sources to improve my performance.

 I will use game strategies.

**Cooperation Skills**

I will recognize the role of games, sport and dance in getting to know and understand others.

I will work cooperatively with others in competitive as well as cooperative settings.

I will work with all others in cooperative activities.