



**Community Consolidated
School District 46**

565 Frederick Road, Grayslake, IL 60030

25-25 Seventh Grade Physical Education Priority Standards

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Trimester 1	Trimester 2	Trimester 3
19.A.3b Participate daily in moderate to vigorous physical activity while performing multiple movement patterns consistently with additional combination movement patterns.	20.A.3b Identify and participate in activities associated with the components of health-related and skill-related fitness.	20.B.3a Monitor intensity of exercise through a variety of methods (e.g., perceived exertion, pulse, heart rate monitors), with and without the use of technology
19.C.3a Apply rules and safety procedures in physical activities.	21.B.3a Work cooperatively with others to accomplish a set goal in both competitive and noncompetitive situations (e.g., baseball, choreographing a dance).	20.C.3a Set realistic short-term and long-term goals for a health-related fitness component
21.A.3a Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders)		
21.A.3c Remain on task independent of distraction (e.g., peer pressure, environmental stressors)		