

ROBERTSON COUNTY SCHOOLS

PHYSICAL EDUCATION

MASTERY GUIDE

SEVENTH GRADE

FIRST NINE WEEKS

- Demonstrate all basic manipulative, locomotor, and non-locomotor skills in game situations.
- Utilize skills in a variety of lifetime physical activities.
- Combine skills competently to participate in modified versions of team and individual sports.
- Identify and analyze critical elements involved in advanced movement form (sport skills).
- Design and implement with peers advanced movement and game strategies for application in game situations.

SECOND NINE WEEKS

- Perform dances from a variety of cultures.
- Apply knowledge and skills of dance steps and sequences in social dance situations.

THIRD NINE WEEKS

- Design and perform, with a partner or group, movement sequences (dance, gymnastics, jump rope, etc.) using the concepts of space, effort, and relationships.
- Participate in moderate to vigorous physical activity in a variety of settings.
- Design and implement a daily plan to meet personal fitness goals.
- Engage in and discuss the value of proper warm-up, conditioning and cool-down techniques associated with exercising.
- Maintain and improve body composition through regular daily physical activity.
- Correctly demonstrate and use various weight training techniques.
- Engage in aerobic physical activity at the target heart rate for a minimum of 20 minutes, three times per week.
- List long term physiological, psychological, and social benefits that may result from regularly participating in physical activity.
- Describe the relationship between a healthy lifestyle choice, feeling good, and quality of life.
- Enjoy the challenges associated with maintenance of appropriate fitness.

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FOURTH NINE WEEKS

- Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.
- Make responsible decisions about using time, applying rules, and following through with decisions.
- Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.
- Discuss advantages, disadvantages, and the consequences of positive and negative peer pressures.