

Physical Education

Course: Physical Education

Level: Grade 6

Prerequisite: None

Text: None

Course Description and Overview: The 6th grade curriculum provides an introduction of activities and sport related skills. These skills are primarily taught through repetition via drills, and mini games. The students will also be engaged in cooperative learning activities which will enhance the 6th grade outdoor education experience.

Course Objectives: Students will see improvement in the skill related component of fitness through participation in the 6th grade program. In addition they will learn to follow the rules, regulations, and guidelines of each unit.

Requirements: Students are required to wear the proper physical education attire for each class. Proper attire: sneakers, t-shirt, shorts, and/or sweats.

Writing Requirements: None

Evaluation/Grading Policy: Students will be evaluated using the following criteria: teacher assessment, based on observation, and application of the physical education class participation rubric.

Course Outline:

- Project adventure
- Tennis
- Field hockey
- Football
- Badminton
- Indoor soccer/ultimate
- Volleyball
- Inline skating
- Racquet sports
- Softball
- Track and field

Physical Education

Course: Physical Education

Level: Grade 7

Prerequisite: None

Text: None

Course Description and Overview: The 7th grade curriculum continues to emphasize team play, cooperation, fair play (sportsmanship). The process of “spiraling” skills which have already been taught with new and more advanced skills continues. This process will also occur with regard to the knowledge of rules, and basic strategies, of a variety of activities.

Course Objectives: Students will enhance the skill related components of fitness. They will continue to develop their ability to work cooperatively, and follow the rules, regulations, and guidelines of each activity. Students will also be given an opportunity to demonstrate the application of learned skills via mini and modified games.

Requirements: Students are required to wear the proper physical education attire for each class. Proper attire: sneakers, t-shirt, shorts, and/or sweats.

Writing Requirements: None

Evaluation/Grading Policy: Students will be evaluated using the following criteria:

- Teacher assessment
- Peer assessment
- Participation rubric

Course Outline:

- Cooperative games
- Tennis
- Field hockey
- Soccer
- Badminton
- Indoor soccer/ultimate
- Volleyball
- Inline skating
- Racquet sports
- Softball
- Track and field
- Lacrosse

Physical Education

Course: Physical Education

Level: Grade 8

Prerequisite: None

Text: None

Course Description and Overview: In the 6th and 7th grades the emphasis has been on individual skill development through drills, modified games and activities. In the 8th grade the emphasis shifts to more advanced games and team play. Skills are still taught and drilled. The next step is to demonstrate how these skills and strategies are implemented in the team context. The Sport Education model is used to help students make the necessary connections in the actual game as well as those peripheral areas of sport (officiating, coaching, keeping stats etc.)

Course Objectives: Students will develop a basic understanding of game strategies, skills, rules, sportsmanship, and overall knowledge of individual and team sports. They will understand how the various roles within the context of the team are important. They will also begin to develop an appreciation for the many other components related to successful participation and administration of sport.

Requirements: Students are required to wear the proper physical education attire for each class. Proper attire: sneakers, t-shirt, shorts, and/or sweats.

Writing Requirements: None

Evaluation/Grading Policy: Students will be evaluated using the following criteria:

- Teacher assessment
- Peer assessment
- Participation rubric
- Sport Education rubric

Course Outline:

- Touch football
- Tennis
- Basketball
- Volleyball
- Badminton
- Large group games
- Softball
- Inline skating
- Indoor soccer

Physical Education

Course: Physical Education

Level: Grade 9

Prerequisite: None

Text: Charles S. Williams, *Looking Good, Feeling Good* (Kendall Hunt)

Course Description and Overview: The course is divided into two major components. The first is the activity phase. Students will participate in a variety of activities both team and individual in nature. The second phase very intentionally helps students make the connection between participation in these activities and their own personal wellness. Students are introduced to the concepts of personal fitness and wellness through multiple classroom sessions.

Course Objectives: Through participation in this course students will develop an understanding of the following:

- how to create a personal fitness plan;
- importance of maintaining an active lifestyle;
- how to set personal fitness goals;
- the definition of wellness;
- Importance of a long term commitment to wellness.

Requirements: Students are required to wear the proper physical education attire for each class. Proper Attire: Sneakers, T-Shirt, Shorts, and/or Sweats. Students will be expected to be active participants in both the activity phase and the classroom phase of the course.

Writing Requirements: None

Evaluation/Grading Policy: Students will be evaluated using the following criteria:

- Teacher assessment
- Quizzes
- Unit tests
- Development of a personal fitness plan

Course Outline:

Classroom sessions:

- Health related components of fitness
- Skill related components of fitness
- Cardio-respiratory fitness
- Strength training
- Goal setting
- Personal fitness plan

Activities:

- Football
- Ultimate frisbee
- Basketball
- Personal fitness (Fitness Center)
- Volleyball
- Badminton
- Inline skating
- Floor hockey
- Speedball
- Soccer – indoor/outdoor

Physical Education

Course: Physical Education

Level: Grades 10-12

Prerequisite: None

Text: None

Course Description and Overview: Through participation in the high school program students will develop the necessary skills and knowledge to participate in a variety of lifetime activities. They will become proficient in two or more team and individual sports. They will become competent in a variety of other activities.

Course Objectives: The objective of the high school program is to help our students to continue to become “physically educated”. They will accomplish this by refining their individual skills and learning how to utilize these skills in a more sophisticated manner, and at a higher level of participation. They will understand the significant role physical activity will play in a lifetime of fitness and wellness.

Requirements: Students are required to wear the proper physical education attire for each class. Proper attire: sneakers, t-shirt, shorts, and/or sweats. Students will be expected to participate at a high energy level (as described in the participation rubric) daily.

Writing Requirements: None

Evaluation/Grading Policy:

- Self assessment
- Peer assessment
- Teacher assessment
- Participation rubric

Course Outline:

- Tennis
- Football
- Ultimate frisbee
- Speedball
- Basketball
- Fitness
- Badminton
- Indoor soccer
- Outdoor soccer
- Archery

- Softball
- Large group games
- Climbing
- Floor hockey