

Physical Education

All students in grades six, seven, and eight will be scheduled for Physical Education. The purpose of the Physical Education program is to provide students with developmentally and instructionally appropriate activities that promote a physically active lifestyle. The fitness-based program focuses on the whole child and includes cognitive, affective, and psychomotor components while incorporating various activities to include dance & rhythm, individual performances, outdoor/lifetime pursuits, games and sports. The Physical Education environment is supportive and inclusive of all students while fostering the development of a positive self-image and a respect for others.

L0601/2/3 | **Physical Education 6**

This course introduces students to an array of components, themes, and activities designed to develop psychomotor, cognitive, and affective life skills. The curriculum content is based on SHAPE America national standards, which give students the opportunity to develop leadership skills and to work in small groups to solve problems or accomplish tasks. Through purposeful learning activities, students are guided to refine motor, social, and intellectual skills that promote a fit and active lifestyle. Students will be assessed in physical fitness through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments will be sent home at least once during the year.

L0701/2/3 | **Physical Education 7**

In the seventh grade, students will progress and refine skills toward content mastery in all areas of fitness and sport. The curriculum content is based on SHAPE America national standards, which give students the opportunity to develop leadership skills and to work in small groups to solve problems or accomplish tasks. Through purposeful learning activities, students are guided to refine motor, social, and intellectual skills that promote a fit and active lifestyle. Students will be assessed in physical fitness through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments will be sent home at least once during the year.

L08011/21/30 | **Physical Education 8**

This course engages students in activities and experiences designed to provide continued opportunity for content mastery while emphasizing the relevance and importance of physical fitness. Units determined by the teacher afford students the ability to build upon previously learned components and extend comprehension of necessary skills to lead a healthy lifestyle. The curriculum content is based on SHAPE America national standards, which give students the opportunity to develop leadership skills and to work in small groups to solve problems or accomplish tasks. Through purposeful learning activities, students are guided to refine motor, social, and intellectual skills that promote a fit and active lifestyle. Students will be assessed in physical fitness through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments will be sent home at least once during the year.

L0701/2 L0801/2 | **Team Sports 7/8**

This course places significant attention on the Sport Education Model of physical education. Students electing Team Sports will engage in traditional team sports as determined by the teacher and supported by facility and equipment resources. The emphasis of this course is on physical movement and student engagement. However, player preparation for sport, specific sport conditioning, skill development, and sport psychology are all important aspects in the development of the sports-minded student. Additional opportunities for coaching, refereeing, team management, statistical analysis, tournament facilitation, and spectator etiquette are offered to students.