

6th, 7th & 8th Grade Physical Education

National Standards:

- a. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- b. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- c. Participates regularly in physical activity.
- d. Achieves and maintains a health-enhancing level of physical fitness.
- e. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- f. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

6th to 8th Grade Curriculum Topics (five to 10 day units):

- a. Softball
- b. Lacrosse
- c. Soccer
- d. Tennis
- e. Flag Football
- f. Swimming
- g. Volleyball
- h. Basketball
- i. Speedball
- j. Floor Hockey
- k. FitnessGram Testing
- l. Pickleball/Badminton
- m. Snowshoeing/Broomball
- n. Weight Room
- o. Team Building/Misc.

Grading Policy:

- a. Active Participation
 - b. Appropriate Gym Clothes For Class
 - c. Good Sportsmanship and Positive Attitude
- Grades are based on the point system (5/day)