

GRADES 6-8 PHYSICAL EDUCATION

The purpose of the physical education program for grades 6-8 is to reinforce sport specific skills, introduce team based games, and focus on body development. This is accomplished through individual and team based activities.

Students will:

- Practice different sports skills (jogging, sprinting, jumping, etc.)
- Use skills to play team sports (baseball, soccer, basketball, hockey, lacrosse, football, handball, volleyball, etc.)
- Practice coordination skills for sport specific games, i.e. soccer (kicking), baseball (throwing and catching), hockey (stick handling), basketball (dribbling and shooting), Track (running and jumping)
- Perform physical fitness testing, shuttle run, push-ups, sit-ups, sprinting and distance running.
- Learn team building exercises
- Learn cooperative games for team work.
- Continue working on Agility, Strength Training and Core Fitness
- Continue Yoga and Kick Boxing for flexibility and strength

Materials

Outside play area covered with Field Turf
Outdoor basketball court, indoor basketball court, and playground
Multicolored disks and cones
Rubber dots and bases
Multicolored pinnies
Basketballs, soccer balls, floor hockey sticks, playground balls, tennis balls, wiffle balls, etc.
Hula Hoops, Agility Ladders, Medicine Balls, Jump Ropes
CD player, stop watch, video projector, DVD's

Instruction

Students in grades 6-8 attend Phys. Ed once a week for 45 minutes and work with the PE teacher. The first five minutes of the class are used for specific warm ups for the days topic. Next students gather for instructions and the formation of teams or groups. Last class is ended with a 2-3 minute cooling down and review.