



NAME OF COURSE: PHYSICAL EDUCATION

GRADE LEVEL: Middle School (6Gr, 7 Gr., 8 Gr.)

SCHOOL YEAR: 2011 – 2012

COURSE DESCRIPTION

Physical Education at Pinewood is a course, which runs throughout a student's career at the school. A variety of activities are presented and each student is provided a wide range of games, play, exercise and modified sports. It is structured to improve student's motor fitness (agility, coordination, flexibility, reaction time, speed and strength), to improve physical fitness (cardiovascular) and to improve skill level.

Cross-references to other core content in the High School Physical Education objectives clearly demonstrate that students must be able to apply and use skills to be successful in their lives. Thinking critically about the importance of physical activity and the role it plays in individual, family and community health provides challenging, meaningful problem solving that goes beyond content-specific learning. The opportunity to improve workplace process skills should prepare students to handle life challenges.

The primary goal of the course is to provide the health growth of the students, to provide the students with the basis for lifetime participation in physical activity and to encourage fairness and good sportsmanship at all times

LEARNING OBJECTIVES

The goal of the Physical Education Program of study at the Secondary Level is to provide students the opportunity to comprehend and experience the benefits of physical activity in their lives. The program consists of a plan of activities that demonstrates these benefits. Developing the major components of fitness (cardio respiratory, muscular strength, muscular endurance, flexibility, and body composition) assures self-management skills necessary for an active lifestyle.

To promote the concept of lifelong learning to personal health and wellness, the Secondary Physical Education Program reinforces the major components of the other programmatic levels: social skills, motor skill development, movement / rhythmic development, and physical activity. Safety will be stressed in all courses and activities. Throughout a student's P.E. life and regarding the learning of sports, the following sequence is gradually applied.

- Learning of the basic rules and regulations for a first contact with the sport.
- Learning of fundamentals, basic skills and drills on individual techniques.
- Learning of possibly all the rules that are necessary in a scrimmage.
- Learning of tactics and strategies in both offence and defense.

It is expected that students will:

- demonstrate a willingness to participate in a wide range of activities from all movement categories.
- compare physical activities that are sequenced and modified to ensure safe play during unmodified activities with regard to their potential risk of injury (e.g. volleyball played with regular ball Vs volleyball played with a light weight volleyball).
- anticipate the benefits of and demonstrate warm-up and cool-down activities.

- Participate in cooperative, team building physical activities and discuss the importance of teaming skills.
- participate regularly in physical activity to develop components of fitness and motor abilities.
- Identify specific types of unstructured physical activity and exercise (e.g. walking, rope jumping, playing, jogging).
- identify and demonstrate positive behaviors that show respect for individuals' potential, interests, and cultural backgrounds.
- Assess and develop a plan to improve on physical fitness test performance.
- describe and apply leadership skills related to physical activity
- demonstrate self confidence while participating in physical activity.
- demonstrate fair play and sportsmanship.

SCOPE AND SEQUENCE *

QUARTER I

Soccer (15 sessions)

Softball (8 sessions)

QUARTER II

Basketball (18 sessions)

Badminton (6 sessions)

QUARTER III

Volleyball (14 sessions)

Floor Hockey (10 sessions)

QUARTER IV

Football (6 sessions)

Tennis & Table Tennis (10 sessions)

Yearly review (8 sessions)

**Note that the order in scope and sequence is subject to change during the school year.*

HOMEWORK POLICY

No homework will be given to students.

It is highly recommended, though, students to work on their own free time in order to improve their individual skills or overcome potential weaknesses.

ASSESSMENT

Assessment requires both teachers and students to engage in an ongoing process of evaluation including self – evaluation. It is constructed in such a way that helps us understand our students' performances by providing feedback, monitoring progress, and making checklists. It is based on the following concepts:

- Observation-Teacher observes skills and makes judgments about proficiency.
- Teacher observes and tracks students during class to determine the amount of participation that is fitness related.
- Performs fitness tests to students in the end of every semester.
- Teacher will observe students' behavior and reactions in general and towards persons of diverse backgrounds.

- Teacher will use fitness testing to show students that team sports can increase fitness levels.
- Teacher will observe safety practices of students and students ability to officiate.
- Students will take a written test over the rules of certain sports, during the Secondary School exams (January, June). They will also write a short essay on how they have enjoyed the team or individual sport and what could make it more enjoyable.

Grades in a scale of 100% will be given per Quarter, over the two Semester periods.

Co-curricular programs

Where possible the Physical Education curriculum will include both curricular and complementary co curricular components. **Intramural programs** allow all students to participate in either same-sex or coeducational activities that are informal and not highly competitive. Inter-school programs offer students opportunities to participate in more organized and competitive activities. Other recreational activities and clubs also provide opportunities for students with common interests and a desire to participate in physical activities in non-competitive settings.

RESOURCES

Facilities & Equipment of the Physical Education Department.