

# Curriculum for: **Physical Education**

## GRADES 5-8

The purpose of the 5-8 physical education program is to provide a skill foundation in many physical activities. Emphasis is placed upon skill progression and development rather than on the “play” of the activity.

### ADAPTIVE PE

Students who are unable to participate fully in a regular physical education class due to an injury or other physical limitation may satisfy their requirements by being placed in a modified physical education environment. Topics of study will be determined by consultation with the attending physicians to guarantee participation appropriate to the student’s capabilities.

### PHYSICAL EDUCATION STANDARDS

#### Standard 1 – Personal Health & Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.

- Assessment Methods: written tests, rubrics, student contract, teacher observation, skills performance, and self-evaluation

#### Standard 2 – A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

- Assessment Methods: teacher observation, rubrics, written tests, peer assessment, and self-assessment

#### Standard 3 – Resource Management

Students will understand and be able to manage their personal and community resources.

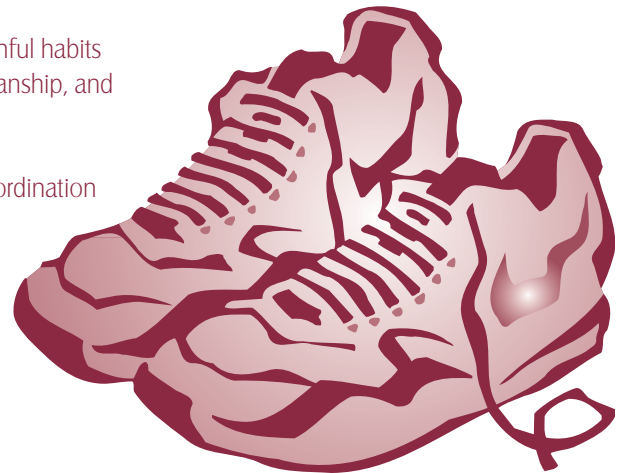
- Assessment Methods: program enrollment, written test, and attendance and feedback from students, parents, and program directors

#### Objectives

- Possess a lifelong desire to maintain a high level of physical fitness
- Maintain a lifestyle with healthful habits
- Develop self-control, sportsmanship, and respect for others
- Develop lifetime sports skills
- Develop body mechanics, coordination and rhythms to live better physically
- Possess a personal sense of self-confidence and pride

### PHYSICAL EDUCATION ACTIVITIES

- Flag Football
- Speedball
- Pickleball
- Soccer
- Cooperation/trust-building games
- Team handball
- Fitness activities
- Volleyball
- Basketball
- Softball
- Lacrosse
- Floor hockey
- Modified weight-training
- Badminton
- Self-defense
- Wrestling
- Track & field



# Curriculum for: **Health**

## GRADES 7 AND 8

The seventh and eighth grade health education curricula focus on the changes, challenges and choices that face today’s adolescents. The program is designed to help students develop positive attitudes and life-long wellness.

The objectives of the seventh and eighth grade health education curricula include but are not limited to:

### Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

### A Safe and Healthy Environment

Students will acquire knowledge and ability necessary to create and maintain a safe and healthy environment.

### Resource Management

Students will understand and be able to manage their personal and community resources.

Issues and topics addressed by the curricula are:

- Interpersonal Skills
  - self-confidence
  - stress management
  - anger management and conflict resolution
  - peer pressure and refusal skills

- building tolerance
- violence prevention
- family and peer relationships
- goal setting for healthy lifestyles
- effective communication
- Personal hygiene and sleep
- Nutrition and weight management
- Growth and development
- Drug education – including alcohol and tobacco
- Physical fitness
- Communicable diseases
- AIDS education
- CPR
- Environmental responsibilities
- Service learning