

Physical Education
7th - 8th Grades

Mission Statement

To incorporate all the skills the students have learned in the first to phases of the curriculum, and apply them in a more advance stage of physical activity conducive to more adult activities.

I. Motor Development

- a. Objectives- through the use of a variety of team and individual activities, students will continue to develop a variety of fine motor skills. These skills include, throwing, running, jumping, catching and a variety of other skills.

II. Alternative Activities

- a. Objectives- creating an atmosphere conducive to the growth of the group is the main goal of these activities. Activities geared towards teamwork and team building will show student how the group can sometimes be more important than the individual.

Team Sports

III. Soccer

- a. Objectives- using skill activities to develop the students' understanding of soccer will be the focal point of the unit. Students will be able to use skills such as, kicking for distance, kicking for accuracy, dribbling, and passing. Applying these skills with the rules of soccer will create a wide knowledge base for success.

IV. Football

- a. Objectives- developing an atmosphere that will enhance students' ability to throw, catch, understand basic terminology, and apply rules of football will be the goal of the unit. Along with these skills and a basic understanding of football, students will apply them in various games and activities.

V. Hockey

- a. Objectives- together with the understanding of rules and scoring, students will evolve their passing, shooting, defense, and puck control skills.

VI. Basketball

- a. Objectives- to develop students' ability to dribble, pass, shoot, and defend in basketball situations. Coupled with rules and the history of Basketball, students will form a deeper appreciation for the sport.

VII. Lacrosse

- a. Objectives- to form excitement for one of the fastest growing sports in the Northwest. Increase knowledge of rules, skills, and deep history of lacrosse. Skills include, cradling, passing, catching, scooping, and scoring.

VIII. Volleyball

- a. Objectives- acquire student's capacity to apply volleyball rules with certain volleyball skills. Skills include bump, set, spike, defense, and blocking.

IX. Softball

- a. Objectives- develop students' skill levels in striking, throwing and fielding in a competitive setting through the use of softball rules.

Lifetime Activities

X. Frisbee

- a. Objectives- peek student's interest in lifetime activities through the use of a Frisbee. Students will know how to throw and catch a Frisbee and apply those skills in a variety of games. Games include Ultimate Frisbee and Frisbee Golf.

XI. Team Handball

- a. Objectives- acquire skills necessary for playing the Olympic sport Team Handball. These skill, along with teamwork and knowledge of the game, will enhance the class' appreciation for the sport.

XII. Badminton

- a. Objectives- enhance students' understanding and skill levels used in the game of the flying shuttle. The class will gain competence in serving, clearing, smashing, and lobbing the shuttle over the net.

XIII. Simple Games

- a. Objectives- to increase the class' ability to use rules and affix teamwork, we will use many inclusive games that will help the students grow both physically and mentally. Games include Shugiak Kickball, Sham Battle, Braunbol, Basketball, and Human Fuisbol.