

7TH & 8TH GRADE PHYSICAL EDUCATION

Course Description

This year we will be continuing to play team games and developing teamwork, sportsmanship and a basic understanding of rules/expectations associated with the specific sports we are playing. Along with team games, we will start to develop skills and techniques that will be used in individual sports.

Expectations for 7th and 8th Grade Physical Education--Students can earn 5 points daily.

How students earn their five points:

Dressed and ready to go on time—1 point

Dressed in PE clothes and shoes—1 point

Showing good sportsmanship, teamwork, positive attitude and respecting other classmates/teachers and equipment/rules during activities—1 point

Participating and showing effort in all activities—2 points

TENTATIVE CLASS SYLLABUS:

August-September—Frisbee Golf

September-October—Flag Football

October-November—Volleyball

November-December—Floor Hockey

January-February—Basketball

February—Wrestling

February-March—Speedball

April/May—Matball/Cricketball