

MIDDLE SCHOOL, GRADES 6, 7 & 8, ATHLETICS

Middle School athletics enriches each student's school experience by helping to balance his or her academic, physical, and social life. Through physical education and athletics, early adolescents develop and implement skills that will enrich their development.

The goals for our Middle School athletes are to help them understand the value of teamwork, develop skills, and achieve personal satisfaction. In the sixth grade, Friends Academy provides a physical education program that meets 7 times in a two week period, for one hour. Students are taught a variety of movement concepts, motor skills, athletic team skills, and strategies. The curriculum parallels many of the sports students will be exposed to in 7th & 8th grade. Physical education teachers provide experiences that enhance both cognitive and affective development.

In the seventh and eighth grades, each student has the opportunity to participate in interscholastic sports during the fall and spring seasons. Some teams will form a core group playing in all games with other team members rotating playing experience in various games. An effort is made to have all athletes who dress for a game play at least half of the game. Occasionally, due to the large number of participants, all athletes will not play one half of a game and all athletes will not dress for each contest. In some sports the rules permit an extra period so that more athletes can compete. We take advantage of this whenever possible.

During the winter season, not all of the students who choose to play interscholastic basketball, ice hockey or volleyball are able to do so since the interest is very high, far exceeding available space. The selection is made according to ability, potential, attitude, and effort. Those students not selected take part in a physical education program designed to improve health and fitness.

Practices occur daily during the school day and occasionally on Saturdays. In addition, some teams may schedule extended practices one or two days a week. In so much as MS athletics satisfies the student's physical education requirement, **it is an expectation that each student will attend all practices and games.**