

FALMOUTH NAVIGATORS

SCHOOL: FMS

Content Area: Physical Education

	September/October	November/December	January/February	March/April	May/June
Grade 6 Course Details	• Mile Run • Fleeing/Dodging • Soccer ○ Skill Development-Kicking (Stationary->Moving)	• Push-Up Test ○ Upper Body Muscular Strength and Endurance • Basketball ○ Skill Development	• Sit-Up Test ○ Abdominal Strength and Endurance • Volleyball ○ Skill Development-Bump, Set, Serve	• PACER Test ○ Cardiovascular Endurance • Floor Hockey ○ Skill Development ○ Safety Rules	• Mile Run • Sit-&-Reach ○ Flexibility • Outdoor Track & Field ○ Developing Student Choice
Grade 7 Course Details	• Mile Run • Soccer ○ Incorporating Roles	• Push-Up Test ○ Upper Body Muscular Strength and Endurance • Basketball ○ Recreational Games • Fitness ○ Understanding Purpose	• Sit-Up Test ○ Abdominal Strength and Endurance • Volleyball ○ Understanding Gameplay	• PACER Test ○ Cardiovascular Endurance • Floor Hockey ○ Understanding Spacing & Movement	• Mile Run • Sit-&-Reach ○ Flexibility • Outdoor Track & Field ○ Understanding Strengths
Grade 8 Course Details	• Mile Run • Soccer ○ Recreational Games (World Cup, etc.) ○ Developing Strategy	• Push-Up Test ○ Upper Body Muscular Strength and Endurance • Basketball ○ Recreational Games • Fitness ○ Goal Setting	• Sit-Up Test ○ Abdominal Strength and Endurance • Volleyball ○ Developing Strategy	• PACER Test ○ Cardiovascular Endurance • Floor Hockey ○ Developing Strategy	• Mile Run • Sit-&-Reach ○ Flexibility • Outdoor Track & Field ○ Setting Performance Goals