

Course Description: Meeting twice a week the Physical Education Program is designed to develop the mental, emotional, physical, and social aspects of living necessary for a happy and productive life. Students are introduced to the fundamentals of team and individual sports, which include skills, rules, and game strategy, as well as cooperative games and physical fitness. Emphasis in the program is placed on providing an opportunity for individual growth and success. Middle School students are expected to develop to the best of their ability. For students to be successful, they must accept the major responsibility for their development. They must be willing to learn and work hard, and to cooperate fully with others. The purpose of the program is to assist students in their efforts to develop their highest potential. Students will be challenged to learn why physical exercise is important to living a long and healthy life and encouraged to make physical activity a regular part of their lives inside and outside of school. Students will be asked to complete homework, exams, and present projects to demonstrate their knowledge throughout the program.

COURSE GOALS

1. To promote the importance of physical activity in promoting a healthy and happy lifestyle.
2. To identify the physical, psychological, and social benefits of physical exercise.
3. To encourage growth through interaction with others in individual and team activities.
4. To develop leadership skills, encourage the proper care of personal, and school property, and to respect the rights of other students.
5. To instill an attitude of worthy use of leisure time through activity at school, home, and in the community.

Grading:

Area	Percentage	Area Breakdown
Class participation <i>affective domain</i>	70%	Students receive four points per class (see below). If a student does not meet one of these criteria in a given class they do not receive that point for the day. If a student is not appropriately dressed for PE they may not be able to participate and therefore would not receive any of the following points. 1) Student is prepared with all necessary materials to participate in class. They arrive on time and are ready to start right away. 2) Student participates actively and respectfully. The student volunteers to answer questions, be a demonstrator, etc. The student participates in game play and challenges. 3) Student demonstrates respectful behavior towards the teacher and classmates. The student follows the rules of the classroom and building. 4) The student attempts to accomplish the challenges put in front of them and is successful in meeting the given learning objective for the day. For example the student is able to articulate or write what they have learned or demonstrate a specific skill for the day.
Exams/performance assessments/assignments <i>psychomotor and cognitive domain.</i>	30%	Students are given assignments, exams, and performance assessments throughout the year to assess their comprehension of material as well as their ability to master skills in the classroom.

Course Materials:

Activity clothing (loose fitting such as sweatpants shorts)
Activity footwear (sneakers)
Water bottle

PROGRAM

Middle School Units Are: Rules/Expectations - UMPA-Team Sports - Creative Movement - Fitness
Healthy Heart /Fit Body - Individual/Dual Activities - Field Games- Net Games - World Games - Leisure Games.