



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT
COURSE SYLLABUS

Course Name: Physical Education 6-8

Length: Quarter

Teacher: Mr. Loukes

Course Description:

This course focuses on developing students' fundamental motor skills, building an understanding of basic movement concepts, and promoting a lifelong appreciation for physical activity. Through structured play and cooperative games, students will enhance their physical, social, and emotional development in a safe and supportive environment.

Competencies or Standards Assessed:

National Standards for K-12 Physical Education

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Anchor Texts or Major Curriculum:

OPEN PE and SHAPE

Course Outline (major units of study):	
Unit Title	Essential Question or Overarching Understanding
Back to School - Build class routines with engaging Adventure Learning activities designed to reinforce respect for self, others, and other things.	What knowledge of rules and etiquette will students be able to use with other physical activities or games?
Personal and Social Responsibility	How do we interact with others during physical activity?
Locomotor and Manipulative Skills	How does being able to move in different ways enhance motor development?
Net games- Pickleball, Badminton, and Volleyball.	How does working as a team and communicating enhance success for all players?
Foot skills-Soccer	How can we move effectively and efficiently?
Fitness Knowledge - Fitnessgram	How does your body respond to exercise?
Basketball Skills	How do we move with a ball safely?
Ultimate Frisbee	How can we make sure everyone on the team gets to participate?
Instant activities	How does physical activity help me feel?
Minute to Win	How can we use a growth mindset during challenges?
Volleying and Striking	How can I move effectively and efficiently
Catching and Throwing	How can I improve my skills and performance?



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Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen

I show that I care and take responsibility by helping in my community and the world around me.