

DOBBS FERRY MIDDLE SCHOOL Dobbs Ferry, New York 10522

COURSE OUTLINE

SUBJECT: PHYSICAL EDUCATION

GRADE: 7

Course Description

The Physical Education program will provide experiences to develop coordination, control, initiative, self-reliance, self-worth, honesty and kindness to others. Opportunities will be provided for increased responsibility in planning, organizing and leadership. The importance of fitness through activity will continually be stressed while offering as wide a skill and game experience as possible and by following the Learning Standards for Physical Education:

Standard 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.

Standard 2: A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3: Resource Management

Students will understand and be able to manage their personal and community resources.

Anticipated Student Outcomes

By June of this year, students will be able to...

Standard 1:

- throw a variety of objects demonstrating both accuracy and distance (e.g., Frisbees, footballs).
- continuously strike a ball to a wall or a partner with a paddle using forehand and backhand strokes.
- consistently strike a ball, using a hockey stick, so that it travels in an intended direction and height.

- hand dribble and foot dribble while preventing an opponent from stealing the ball.
- keep an object continuously in the air without catching it (in a small group (e.g., soccer ball)).
- consistently throw and catch a ball while guarded by opponents.
- design and play small-group games that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategy) (e.g., by throwing, kicking, and/or dribbling a ball).
- leap, roll, balance, transfer weight, bat, volley, hand and foot dribble, and strike a ball with a paddle, using mature motor patterns.
- participate in vigorous activity for a sustained period of time while maintaining a target heart rate.
- recover from vigorous physical activity in an appropriate length of time.
- monitor heart rate before, during, and after activity.
- correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardio-respiratory functioning.

Standard 2:

- participate in games, sports, dance, and outdoor pursuits, both in and outside of school, based on individual interests and capabilities.
- recognize that idealized images of the human body and performance, as presented by the media, may not be appropriate to imitate.
- recognize the role of games, sports, and dance in getting to know and understand others of like and different cultures.
- identify opportunities in the school and community for regular participation in physical activity.
- accept and respect the decisions made by game officials, whether they are students, teachers, or officials outside of school.
- identify benefits resulting from participation in different forms of physical activities.
- choose to exercise at home for personal enjoyment and benefit.

Standard 3:

- seek out, participate with, and show respect for persons of like and different skill levels.

Sports/Activities

The following sports/activities may be offered during the 6th grade year: rookie rugby, project adventure, lacrosse, team handball, Frisbee, football, games, softball, soccer, and basketball.,.

Materials

- Properly dressed
- NY State Physical Fitness Pre/Post Test
- If medically excused, note from nurse
- Extended medical, note from doctor

Criteria for Assessment

All students will be graded and assessed based on the following criteria:

- Preparation (sneakers, shorts, shirt, sweats)
- Active participation
- Sportsmanship (respect self & others)
- Self-improvement demonstrated through self & peer assessment (rubric and written tests)
- Attitude and behavior in gym setting

Outline developed by: Physical Education Department Date: Spring 2026