

Department: Physical Education
Course Name: Physical Education 7

Course Description:

Our students will demonstrate a comprehensive understanding of the important role of physical education, fitness, and healthy play in our personal lives and in society as a whole. They will possess the skills necessary to perform team and individual sports as well as maintain fitness and body control through various physical, mental, and social activities. A major emphasis will be placed on improving the four components of fitness: muscle strength, muscle endurance, cardiovascular fitness, and flexibility. Our program is to improve skill acquisition and physical fitness in order to develop healthy behaviors to promote lifelong wellness. Students will be masked properly at all times unless engaged in strenuous activities.

Content:

Volleyball
Football
Soccer
Hockey (floor and field)
Track and Field
Basketball
Tennis
Softball
Lacrosse
Cardiovascular Endurance
Various Fitness Exercises
Recreational Activities
Chase
Flee
Dodge
Tag

Skills:

Develop locomotor and non-locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping, stretch, bend, twist, turn, push, pull)
Pass, set, serve, and hit volleyballs
Catch and throw a variety of shape and size balls/equipment
Pass, kick, dribble, and trap a soccer ball
Pass, steal, and shoot a hockey puck/ball
Develop offensive and defensive strategy
Pass (bounce and chest), shoot, and dribble basketballs
Cradle, pass, and shoot using lacrosse sticks
Strike objects using a club, bat, racquet, or stick
Dodge people and objects while moving in space

Text and Materials:

HRA PE uniform and tennis shoes are required to participate
Mask

Individual refillable water bottle

Methods of Instruction:

Individual, partner, and group activities

Teacher directed instruction

Methods of Evaluation:

Teacher Observation

Quiz assessments regarding sport units

Polls

