

Course Information

Course Title: 8th Grade Physical Education

Course Location: Gymnasium

Instructors:

Chad Burgess, Linda Kaspar, Doug Kirk, Curt Berger

Course Description:

Introduce students to physical fitness, sports and activity. Encourage a commitment to an adequate level of lifetime physical achievement. Enhance skills and kinesthetic awareness so that transfer of learned sequences will enable successful participation in daily activities.

Learning Outcomes/Objectives:

Outcomes/Objectives:

1. Be able to transfer techniques and procedures for developing and assessing physical fitness.
2. Be able to increase knowledge of techniques, skills, strategies, basic rules, etiquette and safety practice for individual and group sports and activities.
3. Be able to identify strategies and basic rules associated with lifelong sports, creative movement, dance, non-competitive and cooperative activities.
4. Be able to increase understanding of activities and techniques for developing motor skills.
5. Be able to transfer skills to competitive and team-building activities.
6. Be able to build awareness of the values of physical activities in relation to health and well-being.

Instructional Methods

Methods:

This course is taught using a variety of instructional methods including, large groups, small groups, lecture, pairs, stations, independent practice, peer tutoring, technological instruments.

Materials: Collinsville Middle School approved Physical Education Uniform and non-marking soled athletic shoes.

Topics and Assignments:

Fall: Hockey, Flag football, Archery, Softball, Badminton, Physical Fitness and Capture the Flag

Winter: Volleyball, Basketball, Gymnastics, Team Handball, Dance Dance Revolution (DDR), Bowling and Sport Stacking.

Spring: Kickball, Speedball, Soccer, Wiffleball, Ultimate Frisbee, Orienteering, Golf and Track and Field.

Assessment:

Quarterly grade will be based upon wearing the school approved Physical Education Uniform/Athletic shoes and performing skills required for optimal participation and cooperation in all facets of the curriculum.

Students may take written tests at the conclusion of each unit. However, these scores will not be weighted and will contribute to the configuration of the overall quarterly grade.

The following Grading Scale will be used in this course:

*A 90-100

*B 80-89

*C 70-79

*D 60-69

*F 59-0

Parent Signature _____