

PHYSICAL EDUCATION

The goal of the physical education program is for each student to improve his or her personal wellness through physical activity. Each child is encouraged to be active in class, at recess, and with his/her free time at home. The emphasis is placed on safety, principles of good sportsmanship, and respect for self and others.

Team Activities (adapted to be appropriate depending upon age and skill)

- Soccer
- Basketball
- Volleyball
- Tennis
- Softball
- Kickball
- Hockey
- Badminton

Gross Motor Activities

- Movement to music
- Tag games
- Scooters
- Jump ropes
- Hula-hoops
- Parachute games
- Bean- bag games

Skills And Drills

The students will:

- Develop skills to improve coordination and gross motor skills.
- Follow directions to play each specific game.
- Develop team sportsmanship.
- Apply skills in class, recess, or at home.
- Develop the knowledge of movement concepts.
- Demonstrate independent learning of practice skills.
- Use their newly acquired skills in game situations.

Additional Middle School Skills

The students will:

- Apply learned skills in actual game situations.
- Recognize the rules and boundaries of each activity.
- Demonstrate good sportsmanship.
- Set up and take down equipment.