

Middle School Course Outline Sixth Grade



Subject: Physical Education

Introduction:

The Middle School Physical Education program is primarily focused on the development of team strategy, team work, and sportsmanship. All activities are designed to increase the student's overall fitness level and to encourage a lifelong love for physical activity.

Content:

Team Sport Skills:

Students participate in team sports including soccer, basketball, Pillo Polo, T-ball, volleyball, flag football, wiffle ball, speedball, lacrosse, softball, field hockey, and floor hockey.

Individual and/or Dual Skills:

Students participate individually or with a partner in activities such as gymnastics, jogging, lifetime sports, Frisbee, track and field, and circuits.

Fitness and Conditioning:

Fitness and conditioning are emphasized throughout the program but specifically are addressed through warm-up exercises, dance and rhythmic activities, obstacle courses, stretching, jogging, and physical fitness testing.

Creative Movement:

Students explore creative movement through locomotor skills, movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the teacher's observation of the development of motor, cognitive, and social skills. Participation and physical fitness are also considered.

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