

Sixth Grade - Eighth Grade Physical Education

Physical Education Course Description

Philosophy Statement: God's word says in 1 Corinthians 9:24-25 "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever." This is our approach to Physical education and athletics. Physical education is a tool to develop attitudes toward a personal commitment to health, physical activity, and lifetime fitness that glorifies and honors God.

Course Objective: Students will experience various games and activities while developing gross motor skills and becoming more aware of the importance of physical fitness.

Resources/Textbook:

- Holy Bible (NIV)

Materials:

- Various supplies/equipment needed for some activities.

Time Allotment: 25 minutes per day, 1 day per week, 2 semesters

Course Content:

- Aerobic Conditioning
- Movements & Music
- Games
- Basketball Skills
- Tennis Skills
- Volleyball Skills
- Floor Hockey Skills
- Kickball Skills
- Soccer Skills
- Stunts & Tumbling Activities
- Jump Rope Skills
- Speed Stacking
- President's Fitness Test

Areas to be evaluated:

Class participation, completion of projects and quality and thoughtfulness of projects.

Additional Activities:

A variety of other activities are included.