

7th Grade Physical Education

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Goals (what we learn):

Our physical education program at Pleasantdale Middle School is designed to encourage all students, regardless of ability, to enjoy being physically active in a variety of sport, recreational, and lifetime fitness activities. We ask all students to show good effort in all daily activities. Respect and personal responsibility are key in a successful group environment. We strive to improve students' competence and confidence in their abilities so that they will continue to choose to participate in physical activities as part of a healthy lifestyle.

Movement Skills:

- Students learn to be competent in many movement forms and skills and proficient in a few.
- Within each unit, students learn to perform skills appropriate for their age and readiness level. (Refer to the list of activities and units of study on the back of this page)
- Students apply movement concepts and principles to the learning and development of movement skills.

Fitness for Life:

- Students learn to achieve and maintain a health-enhancing level of physical fitness.
- Students learn the value of a physically active lifestyle.

Social and Emotional Learning:

- Students learn to demonstrate understanding and respect for differences among people in physical activity settings.
- Students learn to understand that physical activity provides opportunities for enjoyment, self-expression and social interaction.

Instructional Strategies (how we learn):

Students learn in a variety of ways in our P.E. classes. The goal is to provide maximum participation for each student and to provide challenges and successes for each ability level within the class.

Whole Group Instruction and Practice: Typically at the start of a new unit. For the purpose of overview, review and assessment of students' level of readiness.

Differentiated Instruction: For the purpose of skill development and practice. Students work on the same skill set, but using different settings and activities based on student needs.

Small Group, Station Work: Students rotate through stations. Provides opportunity to focus on skills at one or two selected stations for assessment and refinement of skills.

Partner Work and Peer Coaching: Students learn to observe one another and apply movement concepts as they help their partner learn skills.

Student Leadership / Student-directed activity: Students volunteer to be captains or leaders for selected activities. All students are encouraged to take part in the success of their group's activity and to resolve issues with limited adult intervention.

Assessments:

Written tests and Study guides: Students are given 2-3 written tests per trimester. The material consists of essential concepts within the selected unit appropriate to each grade level. Study guides are given out and reviewed as a class at least two days before the test date. The study guide contains concepts and skills that students have been learning and practicing during the unit.

Skill assessment: Students are observed performing the skills they are working on using a criteria-based rubric. The skill assessments are used primarily to aid instruction and to help students make corrections and improve their abilities. A few selected skills appropriate for each grade level are also assessed at the end of each unit.