

GRADE 7 and 8 PHYSICAL EDUCATION

COURSE OUTLINE 2016-2017

BRAD BOYCHUK

I. OBJECTIVES

The general objectives of the physical education program are as follows:

- A. To gain a better understanding of various recreational skills and activities.
- B. To have fun while competing at the intramural level.
- C. To understand that the competitive nature of the games will increase as the student gets older and his/her skill level increases.
- D. To expose the student to a wide variety of recreational activities, so that he/she will feel at “home” in the gym
- E. To assist students to understand concepts basic to physical movement and to apply these understandings to a variety of physical activities.
- F. To assist students to develop positive interpersonal skills transferable to other areas of their lives.
- G. To increase the physical fitness level of the students overall.
- H. To allow the student the opportunity to be able to choose whether or not he/she will compete at a higher level as he/she gets older.

II. SPECIFIC OBJECTIVES

- A. The specific objectives of each unit (activity) will be outlined at the beginning of that unit (activity).

III. CONTENT

The Physical Education Program will endeavor to cover the following aspects of several individual activities:

- a) Terminology
- b) Rules and Officiating
- c) Equipment-Selection and Care
- d) Skills and techniques
- e) Team Play/Game Strategy
- f) Conditioning

The following list of activities, not necessarily presented in this order, will be used to provide a basis for Physical Education Program.

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|--------------------------|--------------------------|
| 1. Badminton | 15. Broomball |
| 2. Basketball | 16. Team Handball |
| 3. Five-Pin Bowling | 17. Touch Football |
| 4. Skating | 18. Track and Field |
| 5. Cross-Country Running | 19. Volleyball |
| 6. Indoor Games | 20. Golf |
| 7. Downhill Skiing | 21. Cycling |
| 8. Fitness | 22. Swimming |
| 9. Ringette | 23. Dance |
| 10. Floor Hockey | 24. Curling |
| 11. Indoor Soccer | 25. Cross-Country Skiing |
| 12. Outdoor Games | 26. Gymnastics |
| 13. Outdoor Soccer | |
| 14. Slow Pitch Softball | |

The activities chosen will vary according to timetable, time allotment, and skill level. It may not be feasible to put some activities into the curriculum due to restricted time periods, travel, weather (outdoor sports), and scheduling of facilities, i.e. Joint-Use Agreement.

IV. EXPECTATIONS

A. All students are expected to participate except where medical reasons indicate otherwise.

B. The activities will be developmental-oriented, not win-oriented. Those students wishing for higher calibre competition should try out for an interschool team.

C. All students will be expected to adhere to the following rules of the gymnasium:

1. No food or drink will be allowed in the gym.
2. No unacceptable behavior will cause potentially dangerous situations to arise.
3. All indoor footwear must be of a style and a type that will allow for safe competition and will not mark the gym floor (grey or white soles).
4. All students will be expected to follow the dress code laid out herein:

BOYS – sweatpants/shorts, socks, T-shirts and approved running shoes.

GIRLS – – sweatpants/shorts, socks, T-shirts and approved running shoes.

The T-shirt must meet the top of the sweatpants/shorts, thereby covering the mid-section. The shorts are to have an inseam of at least two inches in length. Any jewellery should be left in the students locker or in some other safe place. The instructor will not be responsible for valuable personal items.
5. Shower rooms must be kept clean and tidy.
6. Any injury, no matter how minor must be reported to the instructor at once.
7. Time will be allocated at the end of each class for showers, where appropriate, book gathering, and cleanup.

V. PERIOD TIME ALLOTMENT

The following is a breakdown of a 45 minute individual physical education period. The time allotments may vary according to the unit currently being presented, whether or not a test is being written or period length. However, over the long run, most periods will follow this time breakdown.

CLASS TIME	ACTIVITY
0 to 5 minutes	changing, attendance, warm-up exercises
5 to 9 minutes	review of previous day's drills, actual game
39 to 45 minutes	cool-down, change, cleanup

VI. EVALUATION

In outcome-based reporting, student work is assessed through key learner outcomes from the Alberta curriculum. Teachers use four levels of achievement in their reporting of a student's progress. A level of achievement provides a statement of student achievement based on assessment evidence at the time of the report card. Each level of achievement describes the quality of performance, clearly connects to curriculum outcomes and characterizes a level of understanding of subject-area content. The four levels of achievement are:

- Exemplary: The student demonstrates an in-depth and broad understanding of subject outcomes.
- Proficient: The student demonstrates well-developed and consistent understanding of subject outcomes.
- Progressing: The student demonstrates a basic and developing understanding of subject outcomes.
- Not Yet: The student demonstrates an inadequate and limited understanding of subject outcomes.

Cold Lake Middle School

Physical Education Program For 2015-2016

Week Beginning	Unit	Interschool
Sept. 1 to 3	Orientation/Fitness	Mountain Biking/Cross-Country
Sept. 8 to 11	Fitness/Cross-Country/ Touch Football	Mountain Biking/Cross-Country
Sept. 14 to 18	Cross-Country/Volleyball	Cross-Country/Volleyball
Sept. 21 to 24	Volleyball	Cross-Country/Volleyball
Sept. 28 to Oct. 2	Volleyball	Volleyball
Oct. 5 to 8	Volleyball	Volleyball
Oct. 13 to 16	Volleyball	Volleyball
Oct. 19 to 23	Team Handball	Volleyball
Oct. 27 to 30	Team Handball	Volleyball
Nov. 2 to 6	Indoor Soccer	Volleyball
Nov. 9 to 13	Basketball	Volleyball
Nov. 16 to 19	Basketball	Volleyball
Nov. 23 to 27	Basketball	Volleyball
Nov. 30 to Dec.3	Basketball	Basketball
Dec. 7 to 11	Basketball	Basketball

Dec. 14 to 18	Basketball	Basketball
Christmas Break		
Jan. 4 to 8	Basketball	Basketball
Jan. 11 to 14	Fitness	Basketball
Jan. 18 to 22	Skiing/Bowling/Skating	Basketball
Jan. 25 to 29	Indoor Games	Basketball
Feb. 1 to 5	Indoor Games	Basketball
Feb. 8 to 9	Indoor Games	Basketball
Teachers Convention		
Feb. 16 to 19	Badminton	Basketball
Feb. 22 to 25	Badminton	Badminton
Feb. 29 to Mar. 4	Badminton	Badminton
Mar. 7 to 10	Badminton	Badminton
Mar. 14 to 18	Badminton	Badminton
Mar. 21 to 24	Floor Hockey	Badminton
Spring Break		
Apr. 4 to April 8	Fitness	Badminton
Apr. 11 to 15	Track and Field	Badminton
Apr. 18 to 21	Track and Field	Badminton
Apr. 25 to 29	Track and Field	Track and Field
May 2 to 5	Outdoor Soccer	Track and Field
May 9 to 13	Outdoor Soccer	Track and Field
May 16 to 19	Outdoor Games	Track and Field
May 24 to 27	Softball	Track and Field
May 30 to June 2	Softball	

Jun. 6 to 10 Outdoor Games

Jun. 13 to 17 Swimming/Wrapup

NOTE – fitness, and skill development, will be developed and maintained throughout the year in the single 45 minute classes.

- 12 minute runs, beep tests, and fitness games will be part of the regular program each week. (i.e. - if the unit listed is Basketball, that does not mean that is the only activity we do during the week – fitness will be included)
- Some activities such as Downhill Skiing/Swimming/Bowling/Skating/Broomball, etc. maybe included if 80 minute classes (or greater) can be created.

Intramural Schedule

Sept. – Running laps in the gym

Oct. – Volleyball Tournament

Nov. – Bump Tournament

Dec. – Basketball Tournament

Jan. – Basketball Tournament

Feb. – Indoor Soccer Tournament

Mar. – Badminton

Apr. – Badminton/Running laps in the gym

May – Floor Hockey Tournament

Jun. – Students will play outside