

# PETERS TOWNSHIP MIDDLE SCHOOL

## COURSE SYLLABUS: PHYSICAL EDUCATION 7

Course Information	Teacher Information
<u>Course Length:</u> 60 Days/Trimester	<u>Name:</u> Will Amend; Joe Scaglione; Kristin Slemmer; Jackie Conkle

### **Course Overview and Essential Skills**

Our emphasis in the 7th grade physical education department is concentrated in the area of team and individual sport activities with an emphasis on physical fitness. Our goal is to learn and practice healthful behavior in order to become physically, mentally, socially and emotionally healthy.

### **Course Textbook, Supplemental Resources and Required Materials**

- Phys. Ed. Uniform(white t-shirt, red shorts, athletic shoes)
- Study Guides

### **Course Outline of Material Covered:**

Unit or Topic	Course Activities/Resources	Timeframe
Soccer	In this unit, student will demonstrate various skills and develop the knowledge of soccer strategies and general rules of the game.	2 weeks
Table Tennis	In this unit, students will execute various serves and volleys using proper mechanics and demonstrate a knowledge of the basic rules and strategies of table tennis. Resources; Study Guide.	2 weeks
Pickle Ball/Volleyball	In this unit, student will demonstrate various skills and develop the knowledge of volleyball and pickle ball strategies and general rules of the game. Resources; Study Guides for both Units.	2 weeks
Fitness	Physical Education is the only subject in the curriculum which is solely responsible for the students' physical development. The values to children are long-range as well as immediate, for they will acquire the techniques of and the interest in maintaining physical fitness throughout their lives.	2 weeks
Tumbling	In this unit, students will participate in various tumbling exercises with a focus on health-related fitness	2 weeks

	(muscular strength and endurance and flexibility) and skill acquisition.	
<u>Cooperative Games</u>	In this unit, students will take part in a variety of cooperative games including team handball, gatorball, floor hockey, bowling, and pin dodgeball. Students will learn various game strategies for all games.	<u>2 weeks</u>

***\*Depending on the needs of the class or changes in the school year, the course outline is subject to change.***