

# PETERS TOWNSHIP MIDDLE SCHOOL

## COURSE SYLLABUS: PHYSICAL EDUCATION 8

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. This includes sexuality education focused on abstinence.

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

- Phys. Ed. Uniform(white t-shirt, red shorts, athletic shoes)
- Study Guides
- Healthy Choices Powerpoint
- Glencoe Health: Online Videos:
  - Respecting Yourself and Others
  - Communicating Effectively
  - Preventing and Treating STDs

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

Unit or Topic	Course Activities/Resources	Timeframe
Texas Football	In this unit, students will demonstrate various skills and develop the knowledge of Texas Football strategies and general rules of the game. Texas Football is a fast paced game that is similar to Ultimate Frisbee. Resources; Study Guide	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 Guide.	2 weeks
Basketball	In this unit, student will demonstrate various skills and develop the knowledge of basketball strategies and general rules of the game.	2 weeks

Cooperative Games	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.	2 weeks
<b>Healthy Choices</b>	In this unit, students receive instruction related to sexuality, self-respect, healthy communication, decision-making, sexually transmitted infections, and abstinence Resources: Healthy Choices Powerpoint, Glencoe Health online modules	1 week

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