**Grade 6-8 Physical Education and Health**

The purpose of this program is for students to acquire and apply the skills essential for developing physical and social-emotional well-being. Students must successfully meet the requirements of the courses general learning categories as described below.

1. **Movement**- students will demonstrate competency in movement skills, knowledge of movement development and begin to apply these skills functionally in modified and lead up activities.
2. **Fitness Management**- students will demonstrate ability to develop and follow a fitness plan for lifelong physical activity and well-being.
3. **Safet**y- students will demonstrate safe and responsible behaviors to manage risk and prevent injuries during activity.
4. **Personal and Social Management**- students will demonstrate ability to work together, cooperatively and fairly to build positive relationships with others.
5. **Healthy Lifestyle Practices**- students will demonstrate the ability to make informed health decisions through active living and healthy nutritional practices. Students will also demonstrate an understanding of substance use and abuse, and human sexuality.

**Learning Activities-** the following activities will be used to give students an opportunity to develop the skills necessary to meet the outcomes of the course.

Team Handball, Soccer, Football, Ultimate Frisbee, Volleyball, Basketball, Badminton, Ball Hockey, Low Organized Games, Track and Field, Softball, Alternative Pursuits, Dance, Fitness Training.

**Assessments**- students will demonstrate their learning in the following ways:

1. Active participation- Teacher, peer or self- assessed
2. Skill assessments- Teacher, peer or self assessed
3. Knowledge assessments- test, quizzes, questionnaires
4. Technology- Heart rate monitors, pedometers, etc.
5. Handouts- complete/incomplete
6. Safety rubric- Teacher, peer or self-assessed
7. Personal Social Management rubric- Teacher, peer or self-assessed
8. Participation in class discussion

**Report Card- Students will receive a grade as outlined in the chart below on their report card**

**4- thorough understanding and in-depth application of skills and concepts**

**3- very good understanding and application of concepts and skills**

**2- basic understanding and some application of concepts and skills**

**1- Limited understanding and minimal application of concepts and skills**

**ND- Does not yet demonstrate the required understanding and application of concepts and skills**