

Pine Middle School Physical Education

Semester Offering: Full year or fall/spring

Course Content: Pine's PE Curriculum is designed to offer a wide range of activities which include team sports, dual, individual sports, lifetime sports and physical fitness.

Class Requirements: 1) All students taking a P.E. class are required to purchase a P.E. uniform which costs \$25. Since many of our classes will be held outside, proper sweatsuits are suggested to go over the required uniform.

2) Students are asked to participate in daily activities, to the best of their ability.

3) Students are required to make-up activities missed while being absent.

Course Goals:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical education.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction.

Course Goals

1&2) Motor skill, movement patterns and understanding:

Fagan: Presidential Physical Fitness, Basketball, Football, Golf, Scooter Boards, Wallyball, Volleyball, Track and Field, Soccer, Lacrosse, Tennis, Softball

Mortimore: Presidential Physical Fitness, Football, Soccer/Lacrosse, Basketball, Volleyball, Track and Field, Softball, Olympics

3) Participates daily when wearing the uniform. Refer to Physical Education Rules and Regulations as to consequences if student doesn't follow dressing out policy.

4) Achieves and maintains level of physical fitness– Conditioning, Strength Training and Presidential Physical Fitness Assessment

5) Responsible personal, social behavior and respect in the listed activities above and daily class induction.

6) Values physical activity demonstrated by level of participation, methodology for Quarterly required activity and make up work.