

Grades 6-8 Physical Education

Overview for Parents

Teacher: Matt McGuigan

Content Goals

All physical education classes emphasize the importance of physical activity and fitness for a healthy lifestyle. In seventh and eighth grade physical education class, students take part in more advanced games and activities. Teamwork, sportsmanship, strategy, and cooperation are the focuses for such units as archery, badminton, climbing, dance, and volleyball. The program provides a nice balance of individual, partner, and team activities that supports a variety of student interests and abilities. Students have the opportunity to participate in an array of activities which may be pursued further in high school, college, and beyond. Fitness testing, which includes all of the components of fitness, continues through all the upper grades. To complete these components students will be asked to perform the mile run and/or PACER, push-ups, curl-ups, trunk lift, sit and reach, and shoulder stretches.

The physical education grade is composed of a student's physical skills, social skills, behavior in class, effort, preparation, and knowledge of the activity. There is a special emphasis on sportsmanship, teamwork, and cooperation in all classes.

Expectations for Students

- Come prepared to class with sneakers, appropriate attire and Plan Book
- Be a good listener and follow instructions
- Have a positive attitude and show good sportsmanship
- Cooperate with everyone
- Try your best in ALL activities
- Treat others as you would like to be treated
- Make good choices and be responsible for your own actions
- Respect, share, and help clean-up the equipment
- Have fun!

Homework Requirements

Students in these grades will not usually receive physical education homework. This is to allow them to focus on their studies and have more time to take part in other athletic opportunities after school.

Contacting the Teacher

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