

## Middle School Physical Education Course Description

**Course Philosophy:** “Do you not know that your bodies are temples of the Holy Spirit ... Therefore honor God with your bodies.” (1Cor. 6: 19-20) The mission of Bethany’s physical education program is to strive to introduce, reinforce and provide an arena where the students can incorporate Christ into their everyday lives through fitness, food, nutrition, and their Christian character.

**Course Goals:** Students will participate in physical conditioning as well as in a variety of sports and group games. Students gain knowledge of each sport and improve the necessary skills for success. Teamwork is of major importance – playing together with healthy competition. Time allotment: 50 minutes per day, 4 days a week

**COURSE DESCRIPTION:** In this course, students will learn the fundamentals of techniques, equipment, and terms related to the Sport. Students will also develop skills needed to improve their ability to play interactive games.

### COURSE CONTENT:

- Conditioning and Circuit Training
- Yoga-like stretching
- Basic Football Skills
- Basic Basketball Skills
- Basic Volleyball Skills
- Basic Hockey Skills
- Basic Soccer Skills
- Physical Fitness Testing
- Group/Teambuilding Games
- Food and Nutrition
- Christian Character Development

### COURSE OBJECTIVES:

- Demonstrate the proper technique of the skills needed to play.
- Demonstrate the ability to use various types of equipment to better understand how different techniques.
- Demonstrate the proper terms relevant to the sports.
- Set and achieve realistic and measurable goals for improved their skills.

### GRADING:

30 %---Participation.                      30%---Class Conduct (their behavior )  
15%---Sportsmanship                      15% PE SHORTS – SHIRT - SNEAKERS  
10%---Demonstrated knowledge of the sport

**Areas to be evaluated:** Students will be graded on attendance, uniform adherence, activity participation, and skill development. The grading scale used will be: 100-90% = A; 89-80% = B; 79-70% = C; 69-60% = D, 59%-below = F

