

Physical Education 5 & 6

Major Objectives of Manachaban Physical Education

Physical Education will provide the child with the opportunity to develop:

- a) Physical skills, which will enable participation in a wide variety of activities.
- b) Physical fitness and soundly functioning body systems for an active life in his/her environment.
- c) Knowledge and understanding of physical and social skills, physical fitness, scientific principles of movement, and relationship of exercise to personal well-being.
- d) Social skills which promote acceptable standards of behavior and positive relationships with others.
- e) Attitudes and appreciations that will encourage participation in and enjoyment of physical activity, fitness, quality performance, a positive self-concept, and respect for others.

Course Evaluation

1. 25% - Physical Skills - Skill tests (group and individual)
2. 25% - Fitness - Fitness test measuring muscle strength and endurance, agility, flexibility, and cardiovascular endurance
3. 50% - Participation - Daily mark which includes:
 - a) **Prepared:** Separate change of clothes appropriate for the activities being taught.
OUTSIDE: sweatshirt, t-shirt, shorts, sweats, outdoor athletic shoes
INSIDE: T-shirt, shorts, sweatshirt, sweats, indoor clean athletic shoes (black soled marking shoes will be removed), no hiking shoes or platform shoes or sandals will be allowed due to safety concerns.
 - b) **Polite:** Acceptable behavior of self and towards others.
 - c) **Positive:** Being positive and helpful during games, drills and instruction.
 - d) **Prompt:** Being on time ready to participate.
 - e) **Productive:** Participate actively in class being aware of and acting in a safe manner of oneself and others.

Units of Work

Activities to be covered:

- | | | |
|--------------------------|--------------------------|--------------------|
| 1. Fitness | 5. Combative games | 9. Track and Field |
| 2. Soccer type games | 6. Basketball type games | 10. Softball |
| 3. Volleyball type games | 7. Stuntnastics | 11. Outdoor games |
| 4. Dance | 8. Badminton type games | 12. Indoor games |

(Students Name Printed)

(Parent/Guardian Signature)