

# Physical Education 7 & 8

## 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

- 25% Physical skills - Skill tests (group and individual)  
10% Knowledge - Written exams on rules, regulations, and understanding  
25% Fitness - Fitness test measuring muscle strength and endurance, agility, flexibility, and cardiovascular endurance  
40% Participation - Daily mark which includes:
- a) Prepared - separate change of clothes appropriate for the activities being taught.
  - 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. Track & Field | 6. Badminton | 11. Softball      |
| 2. Volleyball    | 7. Fitness   | 12. Wrestling     |
| 3. Dance         | 8. Football  | 13. Outdoor Games |
| 4. Basketball    | 9. Rugby     | 14. Indoor Games  |
| 5. Stuntnastics  | 10. Skiing   | 15. Running       |

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(Students Name Printed)

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(Parent/Guardian Signature)