

# **INSTRUCTIONAL OBJECTIVES**

## **Physical Education – First Quarter**

### **6, 7, 8 Grades**

The student will:

- Learn and practice our daily exercises
- Practice each section of the president's Physical Fitness Test to prepare for the Fall test
- Participate in drills to develop skills for swimming, water polo, flag football, and soccer
- Follow rules through participation in the above activities
- Determine and apply rules for first quarter activities on written assessments
- Display positive verbal and nonverbal communication skills
- Exhibit positive decision making skills

# **INSTRUCTIONAL OBJECTIVES**

## **Physical Education – Second Quarter**

### **6, 7, 8 Grades**

The student will:

- State the purpose of each of our daily exercises as it relates to flexibility, muscular strength and endurance, and cardiorespiratory fitness
- Complete the Fall President's Physical Fitness Test with the goal of qualifying at the National or Presidential level
- Set short-term and long-term goals for the Spring Physical Fitness Test
- Participate in drills to develop skills for table tennis, floor hockey, roller-skating, and volleyball
- Follow rules through participation in the above activities
- Determine and apply rules for second quarter activities on written assessments
- Display positive verbal and nonverbal communication skills
- Exhibit positive decision making skills

# **INSTRUCTIONAL OBJECTIVES**

## **Physical Education – Third Quarter**

### **6, 7, 8 Grades**

The student will:

- Identify and practice alternative exercises which will develop health-related fitness
- Practice for short and long term goals for the Spring Physical Fitness Test
- Participate in drills to develop skills for bowling, basketball, eclipse ball, and speedball
- Follow rules through participation in the above activities
- Determine and apply rules for third quarter activities on written assessments
- Display positive verbal and nonverbal communications skills
- Exhibit positive decision making skills

# **INSTRUCTIONAL OBJECTIVES**

## **Physical Education – Fourth Quarter**

### **6, 7, 8 Grades**

The student will:

- Complete the Spring Physical Fitness Test
- Compare his/her Spring test results with his/her Fall test
- Participate in drills to develop skills for badminton, pickleball, softball, and satryan ball
- Follow rules through participation in the above activities
- Determine and apply rules for third quarter activities on written assessments
- Display positive verbal and nonverbal communication skills
- Exhibit positive decision making skills