

**Mr. Cotter and Ms. Nasner
Physical Education
Grade 6, 7 & 8**

Course outline

Gymnastics
Orienteering
Project Adventure
Soccer
Softball
Tennis
Track & Field
“Fitness For Life”

Every Thursday and Friday, students will participate in fitness activities directly designed to decrease risk of cardiovascular disease while increasing overall physical fitness.

Badminton
Basketball
Dance (Line Dancing)
Flag Football
Fitness
Golf
Lacrosse

Transition goals

Promote a healthy and active lifestyle in which all students can achieve and assess their own personal fitness.

Emphasis of play is placed on sportsmanship, skill development and game strategy.

Rules of Play

End of unit skills are assessed and sent to the High School Physical Education staff (8th grade)

Grading system

Participation 60%

Skill Development 20%

Knowledge 20%