



6th – 8th Grade PHE

Willows Preparatory School 2019-20

Subject Aims

- Use inquiry to explore physical and health education concepts.
- Participate effectively in a variety of contexts.
- Understand the value of physical activity.
- Achieve and maintain a healthy lifestyle.
- Collaborate and communicate effectively.
- Build positive relationships and demonstrate social responsibility.
- Reflect on their learning experiences.

Keys to Class

- **Dress Code:** Each student will purchase a Willows Preparatory PE uniform. They must wear these to class to receive participation points for the day. Additional sweats tops and bottoms can be purchased.
- **OneNote:** All presentations, homework, notes, After Class Reflections, and documents will be given and received through OneNote.
- **After Class Reflections:** Questions about the days learning will be given after most class periods to allow the students to reflect on what was covered.
- **Participation:** Participation points are awarded for wearing the PE uniform, bringing a water bottle, and actively participating in the lesson activities.

Objective Criterion

Objective A: Knowing and Understanding	Can we apply physical and health education knowledge to analyze issues and solve problems set in familiar and unfamiliar settings? Can we apply physical and health terminology effectively to communicate understanding and solve problems?
Objective B: Planning for Performance	How can we use inquiry to design, analyze, evaluate and perform a plan in order to improve performance? Can we evaluate the effectiveness of a plan based on the outcome?
Objective C: Applying and Performing	How do we demonstrate practical skills, techniques, strategies and movement concepts through participation in a variety of physical activities?
Objective D: Reflecting and Improving Performance	Can we explain and demonstrate strategies that enhance interpersonal skills? Can we analyze and evaluate performance?

Content Brief

Trimester 1	Trimester 2	Trimester 3
Body Composition Hydration Personal Fitness Individual Sport Net Sports Basic First Aid	Nutrition Muscular System Team Sports	Lifelong Fitness Circulatory System Cardiovascular System Fitness Tests