



Physical Education

Seventh Grade

In the seventh grade, the students will acquire a more complete understanding of their own bodies and focus their activities toward healthy lifestyles. They will participate in activities that will foster cooperative skills and student interaction and stimulate student desire to enjoy active, physical activity throughout their lives. Students will take the President's Physical Fitness Test twice during the year to indicate areas of need for improvement.

Eighth Grade

In Physical Education, eighth students will acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The students will exhibit a physically-active lifestyle and understand the relationship between physical activity and health throughout their life-span. The emphasis will be placed more on participation for enjoyment and challenge, both in and out of school and participation in enjoyable lifetime activities.

Ninth Grade

In Physical Education, ninth students will continue to acquire knowledge and skills for movement that will provide a foundation for enjoyment and social development through physical activity and a physically active lifestyle. The students will continue to develop their understanding of the relationship between physical activity and health throughout their life-span . The emphasis will be placed on participation for enjoyment and challenge, both at school and in their home life. Understanding the role of fitness and the need to remain physically active will be the focus of ninth grade instruction.