

MS/HS Physical Education

* The specific order of units is dependent on the availability of shared facilities.

Grade 6	<p>Content: Floor Hockey, Gaelic Football</p> <p>Skills: shooting, passing, scoring</p>	<p>Content: Badminton, Climbing Wall</p> <p>Skills: serving, clearing, dropping, following rules, maintaining points of contact, stepping through</p>	<p>Content: Handball, Volleyball, Health</p> <p>Skills: passing, moving, shooting, setting, serving, creating physical health fitness plans, understanding nutrition, making responsible decisions</p>	<p>Content: Basketball, Swimming</p> <p>Skills: dribbling, passing accurately, performing layups, setting shots, floating, somersaulting, diving from knees; demonstrating freestyle, backstroke, and breaststroke</p>
Grade 7	<p>Content: Floor Hockey, Gaelic Football, Ultimate Frisbee</p> <p>Skills: advanced shooting, passing, kicking, tackling, throwing Frisbees with forehand and backhand</p>	<p>Content: Strength-Training, Basketball, Flag Football</p> <p>Skills: stretching, using machine circuits, spotting, exercising core muscles, controlling dribbling, passing overhead, throwing, catching, pulling flags, kicking</p>	<p>Content: Badminton, Climbing Wall, Volleyball, Health</p> <p>Skills: overhead smashing, comparing rules for doubles and singles, hanging, rotating, understanding personal safety and basic first aid</p>	<p>Content: Soccer, Swimming, Handball</p> <p>Skills: dribbling, passing, trapping, heading while standing still, diving from feet, demonstrating intermediate freestyle, breaststroke, and backstroke, passing in motion, shooting</p>
Grade 8	<p>Content: Floor Hockey, Gaelic Football, Ultimate Frisbee</p> <p>Skills: goal-tending, advanced shooting, blocking, following the rules of play, demonstrating hammer throw</p>	<p>Content: Strength-Training, Basketball, Flag Football</p> <p>Skills: using free weights, using whole-body circuits, passing, demonstrating footwork and layups, following through on a throw, snapping, punting, executing football patterns</p>	<p>Content: Badminton, Climbing Wall, Volleyball, Health</p> <p>Skills: driving, demonstrating footwork, developing strategies, adding implements to the wall, spiking, positioning, maintaining personal health, growing and changing in adolescents, developing healthy relationships</p>	<p>Content: Soccer, Swimming, Handball</p> <p>Skills: dribbling, passing long distances, trapping, heading while running, conducting turns and dolphin kicks, diving from standing, demonstrating advanced freestyle, shooting in motion, performing give-and-go passes</p>
Grade 9	<p>Content: Floor Hockey Rules,</p>	<p>Content: Strength-Training,</p>	<p>Content: Badminton, Climbing</p>	<p>Content: Soccer, Swimming,</p>

	<p>Regulations, and History; Gaelic Football, Volleyball</p> <p>Skills: devising strategies, applying rules of the game, applying strategies for offensive and defensive volleyball play, serving overhand</p>	<p>Basketball, Football, Health</p> <p>Skills: increasing strength and endurance, working individual muscle groups, designing individual workouts, dribbling while moving, alternating layups, faking, developing football play cards, applying offensive and defensive strategies, dealing with stress and time management strategies</p>	<p>Skills: serving, applying a kill stroke, assessing stroke technique, demonstrating proper positioning, climbing with advanced techniques</p>	<p>Handball, Health</p> <p>Skills: passing long and short distances, throwing in, creating strategies for offensive and defensive play, demonstrating basic butterfly stroke, executing efficient turns; demonstrating advanced freestyle, breaststroke, and backstroke; performing jump shots and a 3-man weave; understanding puberty and sexual health</p>
Life Sports	<p>Content: Strength-Training, Yoga, Pilates, Flag Football</p> <p>Skills: using pyramid workouts, developing core strength, evaluating nutritional supplements, using terminology, understanding common penalties</p>	<p>Content: Badminton Rules, Techniques, And History; Basketball</p> <p>Skills: serving, applying rules and techniques, creating a tournament, demonstrating offensive and defensive skills, refereeing</p>	<p>Content: Gaelic Football, Volleyball, Ultimate Frisbee, First Aid and CPR</p> <p>Skills: developing strategies, conducting drills, refereeing, demonstrating formations, passing and catching while running, understanding emergency first aid and C.P.R.</p>	<p>Content: Soccer Strategies, Formations, And Penalties; Swimming, Handball</p> <p>Skills: passing, trapping, shooting, heading, crossing, tackling; participating in water polo, water aerobics, and synchronized swimming; performing jump shots and 6-0 defense; analyzing games</p>