

Saint Pius X Physical Education Syllabus

Middle School

Grades 6-8

This course will teach students the importance of life-long healthy living, exercise, hygiene, important health topics, as well as, sports and leisure. Participation is expected!

Goals for the student:

- To enjoy physical fitness activities
- To exercise and be physically active on a daily basis
- To learn the importance of healthy living
- To develop teamwork skills
- To demonstrate good sportsmanship
- To learn the rules and guidelines of various games and sports
- To have fun!

Expectations:

- Respect everyone in class, coaches and peers and display good sportsmanship throughout
- Bring required materials to class and dress for physical activity
- Participate and be engaged in ALL course activities

Activities:

Sports: Volleyball, Flag Football, Basketball, Badminton, Soccer, Kickball, Floor Hockey..etc

Fitness Assessments: Mile, PACERS, Presidential Fitness Test, Saint Pius X Superstars...etc

Yoga

Health: Nutrition, Disease and Health Conditions, Relationships..etc