

MIDDLE SCHOOL COURSE OVERVIEW

Course Title	Teachers
Physical Education & Health (PE) Grade 7	Mark Jolley

Course Description
<p>The curriculum for Physical Education is based on four general outcomes.</p> <ul style="list-style-type: none"> A. Students will acquire skills through a variety of developmentally appropriate movement activities. B. Students will understand, experience and appreciate the health benefits that result from a physical activity. C. Students will interact positively with others. D. Students will assume responsibility to lead a safe, healthy and active lifestyle.

Topics /Activities - Semester 1: August-December
<p>Grade 7 students will spend some time in the gym and classrooms, participating in health lessons for the first 6-8 weeks of school. They will then start their physical education lessons in the gym and outdoor sport fields/courts for the remainder of the school year.</p> <p><u>Physical Activities:</u> Units this year may include Volleyball, Softball, Gymnastics, Fitness Training, Soccer, Table Tennis, Basketball, LOG's, Team Handball, Tennis, Archery, Kickball, Floor Hockey, Touch Rugby, Track and Field. Due to limiting factors of space, and weather, the timing of units may vary by class.</p> <p><u>Health:</u> Grade 6 Health will mainly be taught in advisory and the MS skills course. Grade 7 Health topics are Becoming physically fit, Creating personal fitness plan, Weight training and sports, Skeletal and muscular systems, Preventing injuries, Nervous System, Alcohol use and teens, Communicable Diseases, Immune system, Sexually transmitted diseases, and HIV/Aids. Grade 8 Health Topics include Safety and emergencies (basic first aid, common emergencies, life threatening emergencies, and violence prevention), as well as Importance of Nutrition, Nutrition guidelines, Maintaining a healthy weight, and Eating Disorders.</p>

Basis of Student Assessment and Grades
<p>Students will be assessed separately on their achievement and effort using the standards and benchmarks established by the school for this course.</p> <p>Typical assessments include: tasks, explanations, formative, cooperation, presentations, and summative assessments.</p>

Effort and Attitude Expectations		
Commitment to Learning	Collaboration and Respect	Self-Management
<ul style="list-style-type: none"> ● Attendance – Always arrives on time and ready to begin with the teacher; whenever late always has a late slip to justify such lateness. ● Preparation – Always comes to class prepared in every way needed, and accomplishes this with no outside monitoring. ● Attitude – Always exhibits a positive and respectful attitude towards teachers, peers & the facilities. ● Instructions – Always on task, fully engaged in the lesson, and striving for personal bests. Detailed Effort and Attitude Rubric (APE) available on the moodle site. 		

Required Materials
<p>ICS Physical Education Kit -red shorts and white ICS PE shirt</p> <ol style="list-style-type: none"> 1. Proper athletic running shoes

2. Water bottle
3. Hat
4. Students should bring their laptops (fully charged) to class when required by the teacher

Text

No text book. Moodle site information, pdf documents and research on the internet will be utilized

Teacher Contact Details	Moodle Link
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