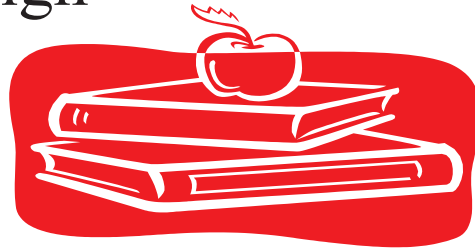


Mackay Junior/Senior High School



COURSE: 8TH PE

Date: August 16, 2011

Teacher with contact information: **Jack McKelvey**

Room: 106/GYM

Phone Number: 588-2262 ext. 27

Email: jackmcke@mackayschools.org

COURSE DESCRIPTION

Students will participate in many different team sports and also will be introduced to some lifetime sports. Students will learn the importance of teamwork, learn the basic rules of each sport, and also learn the importance of sportsmanship.

COMMON CORE / STATE CONTENT STANDARDS/VOCABULARY OBJECTIVES

- KNOW AND UNDERSTAND THE IMPORTANCE OF PARTICIPATING IN DAILY FITNESS ACTIVITIES.
 - CONTINUALLY DEVELOP SKILLS OF ACTIVITIES THAT ARE CONSIDERED LIFETIME ACTIVITIES.
 - KNOW AND UNDERSTAND THE IMPORTANCE OF SPORTSMANSHIP DURING ANY ACTIVITY.
-

INSTRUCTIONAL MATERIALS

UNITS WITH INSTRUCTIONAL DATES

8th PE

COURSE OUTLINE

- **WEEK ONE:** BASKETBALL SKILLS—SHOOTING, LAYINS, FORM SHOOTING, ETC
- **WEEK TWO:** BASKETBALL SKILLS—REBOUNDING, DEFENSIVE SKILLS,
- **WEEK THREE:** BASKETBALL SKILLS—PASSING AND CATCHING, DRIBBLING
- **WEEK FOUR:** BASKETBALL GAMES—3 ON 3, 5 ON 5
- **WEEK FIVE:** ULTIMATE FRISBEE, THROWING AND CATCHING SKILLS
- **WEEK SIX:** ULTIMATE FRISBEE—MATCHES, TOURNAMENTS
- **WEEK SEVEN:** JOGGING/FITNESS—AEROBIC WORKOUTS
- **WEEK EIGHT:** JOGGING/FITNESS—TARGET HEART RATES

- **WEEK NINE:** FLAG FOOTBALL—PASSING AND CATCHING SKILLS
- **WEEK TEN:** FLAG FOOTBALL—GAMES, ETC.
- **WEEK ELEVEN:** FLAG FOOTBALL—GAMES, ETC.
- **WEEK TWELVE:** SOCCER—DRIBBLING, PASSING
- **WEEK THIRTEEN:** SOCCER—GAMES, ETC
- **WEEK FOURTEEN:** SOCCER—GAMES, ETC.
- **WEEK FIFTEEN:** VOLLEYBALL—SERVING, PASSING SKILLS
- **WEEK SIXTEEN:** VOLLEYBALL—GAMES, ETC.
- **WEEK SEVENTEEN:** GAMES—WIFFLEBALL,ULTIMATE, ETC.
- **WEEK EIGHTEEN:** GAMES—KICKBALL,DODGEBALL, ETC.

**OUTLINE IS SUBJECT TO CHANGE AS NEEDED DURING SCHOOL YEAR

ASSESSMENTS / TESTS

GRADING PROCEDURES

STUDENTS ARE REQUIRED TO DRESS IN APPROPRIATE GYM CLOTHES AND PARTICIPATE IN EACH ACTIVITY.

CLASS RULES

MISCELLANEOUS
