Course Title: MIDDLE SCHOOL P.E.	**Course Description**
Course No. N/A **Grade level**: 7-8 **Text and Resources**: Teacher generated activities Physical education apparatus	**Course Duration**: *One Year **Credit Value**: N/A
Course Content: Key Course Objectives	
The following objectives are based on the Grades 7-8 Physical Education Standards: 1. Students will be able to learn, roll, balance, transfer weight, bat, volley, hand-and foot-dribble, and strike a ball with a paddle. 2. Students will participate in vigorous activity for a sustained period of time. 3. Students will be able to identify proper warm-up, conditioning, and cooling down techniques. 4. Students will accept and respect the decisions made by game officials. 5. Students will practice appropriate ways of learning new skills or sports on his or her own. 6. Students will describe long-term physiological, psychological, and other benefits that may result from regular participation in physical activity. 7. Students will understand how growth in height and weight influences the mechanical nature of performance in physical activities.	Students in the middle grades typically experience rapid physical, social, and emotional changes. They look for a sense of belonging and have an eagerness to test themselves, both individually and in groups. Therefore, the focus on physical education at this level is on meeting challenges, making decisions and working as a team to solve problems. *Open entry/open exit
Methods of Study	**Evaluation of Performance Standards**
1. Students will complete all activities assigned. 2. Students will participate in discussion with other class members and/or teacher.	1. Students will complete all assignments with a minimum of 70% accuracy. 2. The supervising teacher will be satisfied with the quality of the student's work.