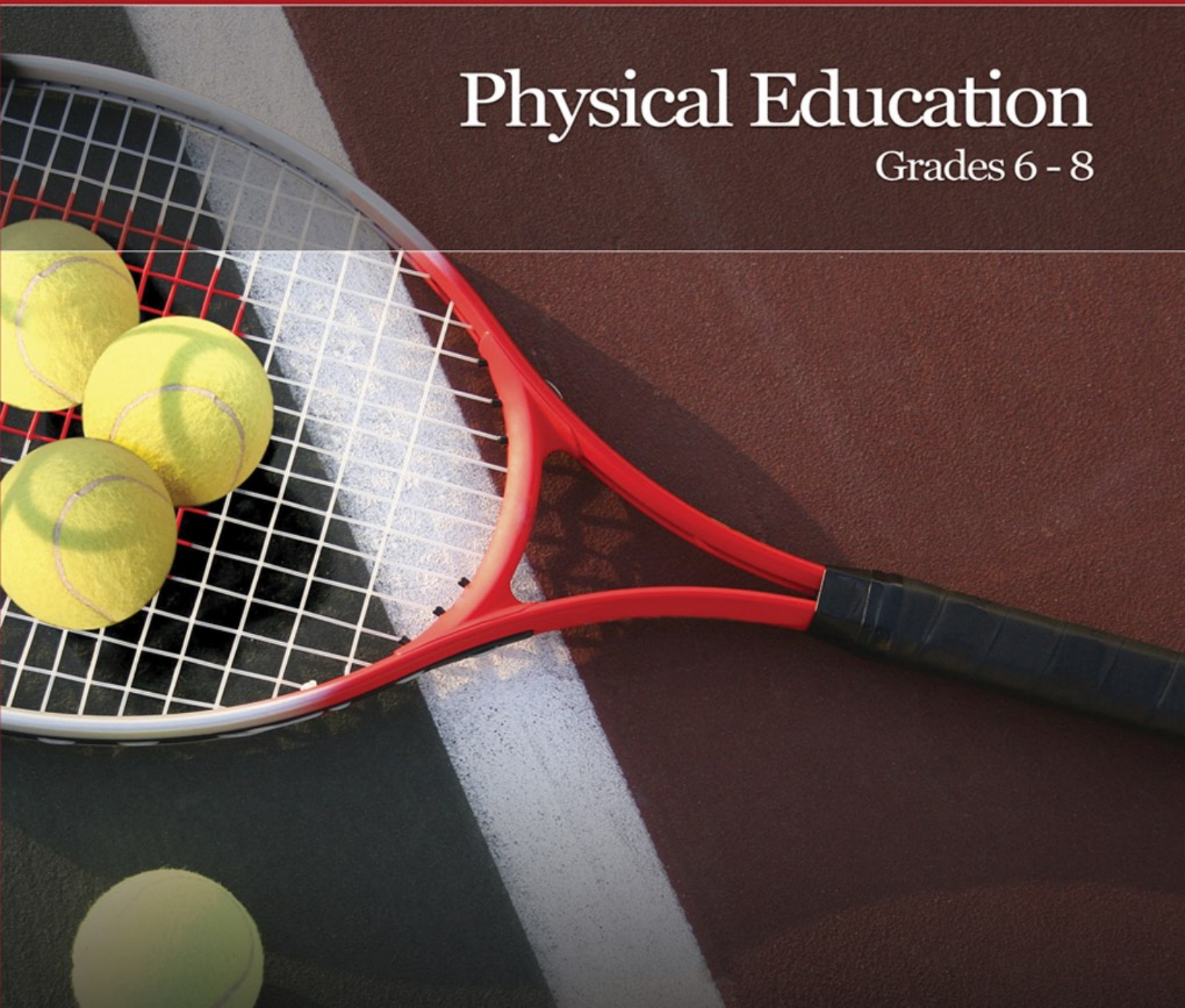


Horizons

# Physical Education

Grades 6 - 8



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# Grade 6 Plan

## GOALS

The goals for the grade 6 curriculum are health fitness building, team sports education tactical learnings, creative movement and gymnastics creative explorations, fitness and sport intellectual learnings, and playship and fitness decisions. The following outline matches the grade 6 curriculum goals with overarching physical education goals.

<b>Goals</b>	<b>Grade 6 Curriculum</b>	<b>Curriculum Resources</b>	
Creative	Health Fitness Building .....	Section 3	
	Cardiorespiratory Fitness .....	Unit 1	
	Flexibility .....	Unit 2	
	Muscular Fitness .....	Unit 3	
	Nutrition .....	Unit 4	
	Body Composition .....	Unit 5	
	Organic Soundness .....	Unit 6	
	Creative Movement Expression .....	Section 4	
	Movement Forms .....	Units 8–12	
	Gymnastic Activities .....	Unit 13	
	Sports Activities .....	Units 14–32	
	Team Sports Education .....	Section 5	
	Soccer .....	Unit 14	
	Touch Football .....	Unit 15	
	Volleyball .....	Unit 16	
	Basketball .....	Unit 17	
	Floor Hockey .....	Unit 18	
	Softball .....	Unit 19	
	Track and Field .....	Unit 20	
	Sport Explorations .....	Section 6	
	Speedball .....	Unit 21	
	Team Handball .....	Unit 22	
	Ultimate Frisbee .....	Unit 23	
	In-line skating .....	Unit 27	
	Cross-country Skiing .....	Unit 28	
	Intellectual	The Why of Fitness Maintenance and Expressive Play .....	Section 1
		Fitness Building Understandings	
		Cardiorespiratory Fitness .....	Unit 1
Flexibility .....		Unit 2	
Muscular Fitness .....		Unit 3	
Nutrition .....		Unit 4	
Body Composition .....		Unit 5	
Wellness .....		Unit 6	
Team Sport Tactics .....		Units 14–20	
Recreation Sport Rules .....		Units 21–32	
Creative Movement Knowledges .....		Units 8–13	
Decisional		Christian Responsibility in Fitness and Play .....	Pages 23–24
	Commitment to Fitness Building .....	Page 66	
	Thankfulness for Joy of Sports Play .....	Page 18	
	Responsible Actions in Sports Play .....	Pages 20–22	
Model Teaching Sequence	Yearly Block Plans .....	Pages 59–61	

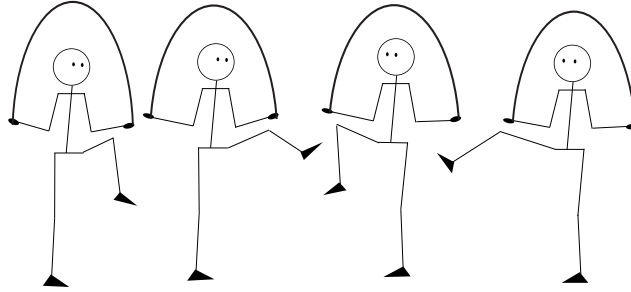
# Grades 7–8 Plan

## GOALS

The goals for the grade 7–8 curriculum are health fitness personalization, team sports competitive play, and gymnastics creative expressions, and fitness and creative movement understandings and commitments. The following outline matches the physical education goals with grade 7–8 physical education learning activities.

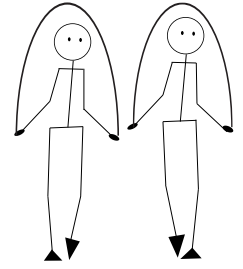
<b>Goals</b>	<b>Grades 7–8 Curriculum</b>	<b>Curriculum Resources</b>
Creative	Health Fitness Personalization	Section 3
	Muscular and Cardiorespiratory	
	Fitness Building	Units 1–3
	Nutrition	Unit 4
	Body Composition	Unit 5
	Health Habits and Abuses	Unit 6
	Creative Movement Expressions	Section 4
	Movement Forms	Units 8–12
	Gymnastic Routines	Unit 13
	Team Sports Competitive Play	Section 5
	Soccer	Unit 14
	Touch Football	Unit 15
	Volleyball	Unit 16
	Basketball	Unit 17
	Hockey	Unit 18
	Softball	Unit 19
	Track and Field	Unit 20
	Additional Sports Explorations	
	Speedball	Unit 21
	Team Handball	Unit 22
	Ultimate Frisbee	Unit 23
	Badminton	Unit 24
	Tennis	Unit 25
	Golf	Unit 26
	In-line skating	Unit 27
	Cross-country Skiing	Unit 28
Wrestling	Unit 32	
Intellectual	Fitness Maintenance Understandings	
	Cardiorespiratory Fitness	Unit 1
	Muscular Fitness	Units 2–3
	Body Composition	Units 4–5
	Wellness Practices	Unit 6
	Team Sport Tactical Learnings	Units 14–20
	Recreational Sport Rules	Units 21–32
	Creative Expression Knowledges	Units 8–13
	Why Fitness and Play for Christians?	Pages 23–24
	Decisional	Christian Principles Related to Fitness and Play Choices
Commitment to Fitness Building		Page 23
Competitive Play Challenge and Excitement		Pages 28–29
Responsible Actions in Sports Play		Pages 20–22
Creative Movement Decisions		Units 8–13
Model Teaching Sequence	Yearly Block Plans	Page 67

- 23. Can Can** (knee-up-touch-kick)
- Hop on right foot, left knee up.
  - Hop on right foot, touch left toe.
  - Hop on right foot, kick left leg.
  - Basic jump.



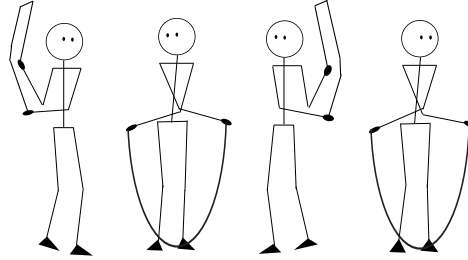
Tip: Knee lift and kick are waist high, repeat on opposite leg.

- 24. Shuffle** (side step and touch)
- Step sideways to the right, touch left toe beside right foot.
  - Step sideways to the left, touch right toe beside left foot.



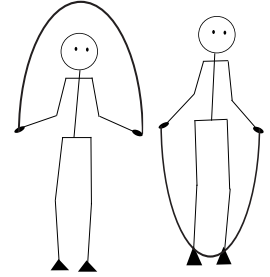
Tip: Keep feet close together.

- 25. Side Swing Criss Cross** (alternate side turn—cross—side turn—cross)
- Twirl rope on right side.
  - Criss cross.
  - Twirl rope of left side.
  - Criss cross.



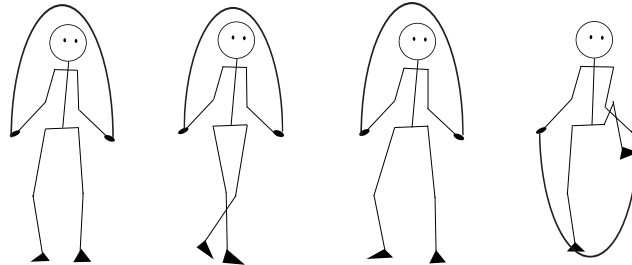
Tip: On criss crosses, figure 2 right arm crosses over left, figure 4 left arm crosses over right.

- 26. Double Under** (2 rotations of rope with one jump)
- Whip rope to increase speed.
  - Rope passes under feet twice during one jump.



Tip: Jump higher than normal at first.

- 27. Grapevine**
- Step right on right foot.
  - Cross left foot behind right.
  - Step right on right foot.
  - Kick the left leg forward to the right.



Tip: Each step is taken over the rope, repeat to the left, have students say “step, behind, step, kick.”

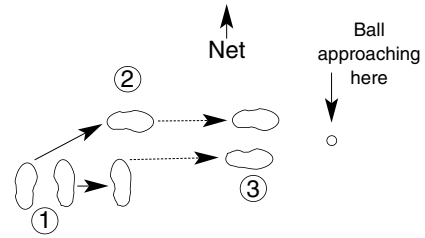
### 3. Aerobic Exercise and Step Aerobics

The goal of aerobic exercise is to increase the heart rate and sustain it in order to build cardiovascular conditioning. Middle school students can enjoy aerobic exercise movements as part of their fitness program to achieve the needed aerobic conditioning. Following are five movements choreographed to contemporary Christian music chosen for its message and rhythm. The movements described are mostly low-impact (with one foot on the floor at all times for joint safety). Students may increase the intensity by lifting the knees and feet on each step or by adding more hops (which increases the impact). The choreography given is a guide. Students should be encouraged to simplify or change the patterns.

■ “Lovely Day” by Out of Eden (*Loving the Day* CD) Time: 4:51.

Intro	64 beats	(1) Step/sway R—swing arms R, (2) Snap fingers. (3–64) Repeat, alternating sides.	32 sets
Chorus	32 beats	(1, 2) Press R foot down to R twice—press hands down R twice. (3, 4) Press L foot down to L twice—press hands down L twice. (5–32) Repeat beats 1–4, alternating sides.	16 sets

- ✓ Take crossover step with opposite foot as body turns and racket goes back.
- ✓ Run as far as needed to get to ball.
- ✓ Step front foot toward net with closed stance as swing is executed.



### Learning activities

- ▶ **SIMULATED GROUNDSTROKES.** Without actually hitting tennis balls, move left or right using a closed stance and swing racket. (Have students begin practicing the correct footwork on their own, but observed them to be sure that the foot nearest the net is even with or ahead of the rear foot at contact.)

## 5. *Serve*

### Technique

#### *Grip*

- ✓ Use eastern forehand grip.

#### *Stance*

- ✓ Stand sideways to the net.
- ✓ Point left foot toward right net post (for right-handers).
- ✓ Position feet shoulders-width apart.
- ✓ Hold racket pointing towards opponent's service court as in "ready position; " hold ball at throat of racket in non-racket hand.

#### *Racket preparation (backswing)*

- ✓ Begin moving both arms downward, bending knees slightly.
- ✓ As racket drops down to lowest point, separate racket hand and ball hand.
- ✓ Continue racket hand down and back while lifting the racket behind the back into a "back scratch" position with elbow high (arm-pit upward and forward).
- ✓ Drop ball hand with initial movement, then begin moving it upward to make toss as racket hand separates to go behind.

#### *Ball toss*

- ✓ The toss should be an extension of the upward arm movement.
- ✓ Release ball when arm can extend no further.
- ✓ Toss ball just above the highest possible reach of racket. (A proper toss, if allowed to drop, would land in front of and near the forward toes of the server.)
- ✓ Keep tossing arm extended upward toward tossed ball to begin shoulder rotation during swing and contact phase.

#### *Swing and contact*

- ✓ With racket arm throw the racket head high to meet the ball at full extension.
- ✓ Contact ball in front of hitting shoulder so that the racket is on its way forward and downward when contact occurs.
- ✓ Hit "through" the ball with a free swinging movement of racket and hitting arm; do not punch or poke at the ball.
- ✓ Transfer weight from back foot to front foot.