

**Brandywine Heights Area School District
200 West Weis Street, Topton, PA 19562**

Course Syllabus for 7th and 8th Grade Physical Education

Overview:

The goals of the course are for students to realize the health benefits of a regular exercise routine and to use the various activities in class to self-improve, while also building concepts of teamwork and sportsmanship. Students will learn basic and more advanced skills and rules for a variety of sports and activities. Safety and fitness concepts will be addressed.

Textbook(s) and Other Resources used: None

Outline of Content:

First Quarter (Fall activities)

Topics: Field Hockey, Soccer
Speedball, Flag Football
Physical Fitness
Indoor/Outdoor Games

Projects, papers, tests-schedule and types:

Soccer/Field Hockey - written and skill - end of unit
Physical Fitness Tests - end of quarter

Second Quarter/Third Quarter (Winter activities)

Topics: Basketball, Team Handball
Agility, Balance, & Coordination Activities
Line Dancing, Badminton
Volleyball/Walleyball
Indoor/Outdoor Games: Pillo Polo, Floor Hockey,
Bombardment, Scooters, Kickball Variations

Projects, papers, tests-schedule and types:

ABC - skill - throughout unit
Basketball - written and skill - end of unit
Volleyball - written and skill - end of unit

Fourth Quarter (Spring activities)

Topics: Tennis, Racketball, Tennis Baseball
Softball, Lacrosse, Speedball
Indoor/Outdoor Games

Projects, papers, tests-schedule and types:

Tennis/Lacrosse – skill throughout unit
Softball - skill throughout unit

Grading: Grade is based on the school district's grading policy.

