

## Curriculum Facts and Course Description:

### **Sixth, seventh, and eighth grade PE:**

The fundamental goal of the Physical Education program is to prepare students for the challenges of the 21st century by providing opportunities to attain the skills and knowledge to be physically active and fit as part of a healthy lifestyle now and the rest of their life.

Students should be competent in movement forms, motor skills, and social skills and learn to enjoy physical activity while not compromising safety.

The PE program will provide students with multiple opportunities to learn, develop, practice and implement fundamentals of team and individual sports and other movement forms which include rules, game strategy, and physical fitness. Emphasis in the program is placed on providing opportunities for individual growth and success. Teamwork and sportsmanship will be a priority.

### **Sixth Grade Ropes Course Field Trip:**

Our sixth grade class has the opportunity of attending a 2 day field trip consisting of low and high ropes course activities. Both courses encourage problem solving and teamwork in order to accomplish a common goal. We also take this opportunity to incorporate spiritual concepts and enjoy a time of worship, the sharing of God's Word, and fun activities. This unique field trip is beneficial and fun for all students!

### **Eighth Grade Health: (Teen Health, Glencoe Course 3)**

Health Education is a semester long class that will provide students the opportunity to learn through a developmentally appropriate, comprehensive sequentially planned health education program aligned with the Florida Sunshine State Health Standards and St. Pete Christian School Health Curriculum.

Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development, and informed use of health-related information, products, and services.

## Physical Education: Grades 4-8

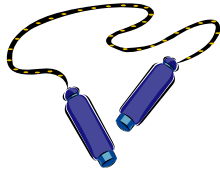
### Moving to Learn and Learning to Move!



St. Petersburg Christian  
School

## Fitness

The fitness aspect of Class focuses on gaining heart and lung endurance, flexibility, strength, agility, and speed. It focuses on increasing heart rate and promotes healthier bodies. It includes both the annual Presidential Fitness Test and Jump Rope for Heart!



## Skills



The skills portion of our PE program encourages students to learn the fundamentals of multiple sports- from basketball to badminton! It helps students work on the skills necessary to play the game.



## Game Play

Our students also get the opportunity of playing a variety of sports in class. Our goal is for each student to find an activity they are confident and successful in! Some of these activities include: volleyball, basketball, wiffleball, football, badminton, tennis, hockey, soccer, Frisbee, cooperative games, handball, and more! Teamwork and sportsmanship are emphasized throughout each unit!

