

## **Descriptions:**

### **ALL P.E. CLASSES**

The units we teach are:

- ~Football
- ~Soccer
- ~Basketball
- ~Volleyball
- ~Gymnastics
- ~Wrestling (not co-ed)
- ~Track
- ~Softball
- ~Badminton
- ~Pickleball
- ~Floor Hockey
- ~Fitnessgram Fitness Test  
(sit-ups, sit/reach, push-ups, and pacer)

Students participate in warm up exercises at the start of each class that include jumping jacks, stretches, crunches (half sit-ups) and push-ups. The students also perform 5 down and back jogging laps in the gym as part of their warm up.

Once a week students will have Conditioning Day. This includes a minimum of 8 laps on the track when the weather is nice and jogging around the gym inside when the weather turns bad.

On Fridays we have Fun Friday and students get to choose what activity they want to participate in.

During each unit we teach lead-up skills. Throwing, kicking, ball handling, and general skills required to perform the activity are all taught. Students are not graded on how well they perform the skill, but if they participate and do the best they possibly can. Students are graded on participation, sportsmanship, attitude, effort, preparedness, cooperation, attentiveness, following rules, being on time, and improvement.