

M/J Comprehensive PE - Grades 7/8

Pre-Requisites: None

Credits: 0.5 (per segment)

Estimated Completion Time: 1 segment / 12–16 weeks

Earliest Start Date: March 2014

Description

Team sports, extreme sports, and outdoor sports are among the types of activities students learn about and participate in during this course! This interactive, highly animated course helps students learn safety rules for exercise, how to improve skills, and how to establish and accomplish goals. It also provides an overview of many dual, team, extreme, and outdoor sports.

Students have the opportunity to earn a national award by participating in the Presidential Fitness Challenge. Practicing game strategy to improve the chance of winning in competition, improving sport skill and performance, diversity in sports, nutrition, peer pressure, and making good choices balance out the topics students discover in this course. Fitness logs help students monitor physical activities. Students complete projects that lead to the knowledge, skills, and values they need to implement and maintain a physically active lifestyle.

Major Topics and Concepts

Required Materials

Course Objectives

Grading Policy

Besides engaging students in challenging curriculum, the course guides students to reflect on their learning and evaluate their progress through a variety of assessments. Assessments can be in the form of practice lessons, multiple choice questions, writing assignments, projects, research papers, oral assessments, and discussions. The course will use the state-approved grading scale and each course contains a unique end of course assessment. This assessment counts for 20% of the student's overall grade and must be passed with a score of 60% or higher.

Communication Policy

To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, "any pace" still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects, discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful