

## GRADE 7 PHYSICAL EDUCATION

All year, 2 hours per week

### QUARTER 1

During quarter one the grade 7 students participate in Volleyball and Basketball. In Volleyball, they work on improving their sport specific skills such as the bump, the set, the serve, team formation and rotation. In Basketball they work on improving their sport specific skill such as, dribbling, the lay up, passing, free throw and games strategies. Modified and official games are played in both sports to enhance the concept of team play and games strategies. They are assessed during skill building drills and game play. The students have two fitness tests which measure their individual fitness level in the one minute push and sit up, shuttle run, sit and reach and mile run/jog/walk.

### QUARTER 2

The grade 7 students participate in Football (Soccer) and Badminton in the second quarter. The focus of these units is to increase their individual skill level in each sport. Recreational games and activities are also played in an attempt to create an opportunity for enjoyment, challenge self-expression, social expression and social interaction. They work on their individual fitness via the President's Fitness Challenge Items (Std. 3 & 4). As an effort to improve overall performance, Brain Gym® exercises are introduced. These are simple exercises that help the body and the brain to get and stay in balance.

### QUARTER 3

In the third quarter the students in grade 7 participate in Floor Hockey, Football, and Flag Football. Each class is divided into the warm up, focus activity and cool down. The warm up portion of each class is dedicated to increasing their individual fitness level, while the focus activity is dedicated to skill building and strategies for successful play. The students also continue testing in the Presidential Fitness challenge (mile run, sit ups, push ups, sit and reach and shuttle run) with the intention of gaining a higher level of fitness.

### QUARTER 4

In the fourth quarter, the students in grade 7 participated in Cricket and Softball as the two major sports. Sport specific skills and game strategies are reinforced with the intent on developing stronger players in the respective sports. Recreational games, activities and mini tournaments are played in order to enhance game strategies and to foster a good competitive spirit among the students. The Presidential Fitness Challenge also concludes this term.