

GRADE 8

QUARTER 1

Physical Education

Mr. Francis

During quarter one the grade 8 students participated in Volleyball and Basketball. In Volleyball, they worked on improving their sport specific skills such as the bump, the set, the serve, team formation and rotation. In Basketball they worked on improving their sport specific skill such as, dribbling, the lay up, passing, free throw and games strategies. Modified and official games were played in both sports to enhance the concept of team play and games strategies. They were assessed during skill building drills and game play. The students had two fitness tests which measured their individual fitness level in the one minute push and sit up, shuttle run, sit and reach and mile run/jog/walk.

QUARTER 2

Physical Education

Mr. Ali

The students in grade 8 participated in two sports, Basketball and Football (Soccer) (Std. 1 & 2). In addition to the sports the students had two fitness tests which tested all five items on the Presidential Fitness Challenge (Std. 4). They participated in discussions on interpersonal relationships, health, and nutrition (Std. 5 & 6). Also in this quarter, the grade eight students were given a basketball quiz addressing the seventh standard of our physical education curriculum which states that “physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction” (Std. 3 & 7).

QUARTER 3

Physical Education

Mr. Ali

The students in grade 8 participated in two sports, Hockey and Cricket (Std. 1 & 2). In addition to the sports the students had one fitness test which tested all five items on the Presidential Fitness Challenge (Std. 4). They participated in discussions on interpersonal relationships, health, and nutrition (Std. 5 & 6). Students were also quizzed on the rules of cricket and the schedule of the Cricket World Cup games (Std. 3 & 7).

QUARTER 4

Physical Education

Mr. Ali

In the fourth quarter, the students in grade 8 participated in Cricket and Softball as the two major sports (Std. 1 & 2). Sport specific skills and game strategies were reinforced with the intent on developing stronger players in the respective sports. Recreational games, activities and mini tournaments were played in order to enhance game strategies and to foster a good competitive spirit among the students (Std. 4, 5 & 7). The Presidential Fitness Challenge also concluded this term.