

DOBBS FERRY MIDDLE SCHOOL
Dobbs Ferry, New York 10522

COURSE OUTLINE

SUBJECT: PHYSICAL EDUCATION

GRADE: 7

Course Description

The Physical Education program will provide experiences to develop coordination, control, initiative, self-reliance, self-worth, honesty, and kindness to others. Opportunities will be provided for increased responsibility in planning, organizing, and leadership. The importance of fitness through activity will continually be stressed while offering as wide a skill and game experience as possible and by following the Learning Standards for Physical Education:

Standard 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2: A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3: Resource Management

Students will understand and be able to manage their personal and community resources.

Anticipated Student Outcomes

By June of this year, students will be able to...

Standard 1:

- throw a variety of objects demonstrating both accuracy and distance (e.g., Frisbees, footballs).
- continuously strike a ball to a wall or a partner with a paddle using forehand and backhand strokes.
- consistently strike a ball, using a hockey stick, so that it travels in an intended direction and height.

- hand dribble and foot dribble while preventing an opponent from stealing the ball.
- keep an object continuously in the air without catching it (in a small group (e.g., soccer ball)).
- consistently throw and catch a ball while guarded by opponents.
- design and play small-group games that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategy) (e.g., by throwing, kicking, and/or dribbling a ball).
- leap, roll, balance, transfer weight, bat, volley, hand and foot dribble, and strike a ball with a paddle, using mature motor patterns.
- participate in vigorous activity for a sustained period of time while maintaining a target heart rate.
- recover from vigorous physical activity in an appropriate length of time.
- monitor heart rate before, during, and after activity.
- correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardio-respiratory functioning.

Standard 2:

- participate in games, sports, dance, and outdoor pursuits, both in and outside of school, based on individual interests and capabilities.
- recognize that idealized images of the human body and performance, as presented by the media, may not be appropriate to imitate.
- recognize the role of games, sports, and dance in getting to know and understand others of like and different cultures.
- identify opportunities in the school and community for regular participation in physical activity.
- accept and respect the decisions made by game officials, whether they are students, teachers, or officials outside of school.
- identify benefits resulting from participation in different forms of physical activities.
- choose to exercise at home for personal enjoyment and benefit.

Standard 3:

- seek out, participate with, and show respect for persons of like and different skill levels.

Sports/Activities

The following sports/activities may be offered during the 6th grade year: rookie rugby, project adventure, lacrosse, team handball, Frisbee, football, games, softball, soccer, and basketball.,.

Materials

- Properly dressed
- NY State Physical Fitness Pre/Post Test
- If medically excused, note from nurse
- Extended medical, note from doctor

Criteria for Assessment

All students will be graded and assessed based on the following criteria:

- Preparation (sneakers, shorts, shirt, sweats)
- Active participation
- Sportsmanship (respect self & others)
- Self-improvement demonstrated through self & peer assessment (rubric and written tests)
- Attitude and behavior in gym setting

Outline developed by: Physical Education Department Date: Winter 2025