

TRINITY CHRISTIAN SCHOOL
Logic & Rhetoric School Physical Education

Course Title: Physical Education

Grade Taught: 6th through 12th Grade

Class Sections: A - Boys two days per week, B – Girls two days per week

Credit Given: One for students in grades 9 – 12

A. **Course Goals:**

1. To help students understand that physical education is an important part of a complete education – education of the whole person.
2. To help students understand that physical activity contributes to the overall well being of a person and be encouraged to make a personal commitment to participate in physical activity throughout their life-time.
3. To teach the students basic rules and strategies for participation in various sports. (individual and team, recreational and lifelong)
4. To teach basic health and fitness to the students.
 - a. cardio training – running
 - b. strength training – push-ups, sit-ups, etc.
 - c. flexibility – stretches, warm-ups and cool-downs

B. **Course Topics:** *The teacher will teach the following:*

<u>Topic:</u>	<u>Instructional Materials:</u>	<u>Measurement:</u>	<u>Time:</u> (In periods)
1. Stretching, running, basic exercises	None	Participation	First 10 to 15 min. of each class
2. Ultimate Frisbee	Teacher Handouts	Skills and written rules tests	4 – 5
3. Kick ball	Teacher Handouts	Skills and written rules tests	5 – 6
4. Dodge ball	Teacher Handouts	Skills and written rules tests	3
5. Soccer	Teacher Handouts	Skills and written rules tests	3
6. Flag Football	Teacher Handouts	Skills and written rules tests	8
7. Basketball	Teacher Handouts	Skills and written rules tests	5
8. Archery	NASP booklet	Skills tests	10
9. Softball	Teacher Handouts	Skills and written rules tests	8
10. Volleyball	Teacher Handouts	Skills and written rules tests	6
11. Presidential Fitness Challenge	Fitness Handouts	Skills tests	5 in Dec., 4 in May
12. Miscellaneous Recreational games	Indoor games	None	1 or 2 per month

C. **Student Materials:**

1. Teacher created handouts
2. Equipment specific to each sport

D. **Teacher Materials:**

1. *Physical Education*, by: Martin A. Zuidena, CSI
2. *Skillful Movers*
3. Various Websites providing specific rules for games and activities
4. NASP Archery instruction booklet

E. **Classical Methodology:**

The grammar of the subject is taught by teaching students the rules and basic skills for each sport. As the students learn the parts of the games then put them together in order to be accomplished at the sport they use their skills in logic. Students at this stage of learning quickly express themselves putting all of their knowledge and skill together to become competitive in the particular sport being learned.