

**COURSE DESCRIPTION**  
**GRADES 6-8**  
**PHYSICAL EDUCATION**

**Physical Education Philosophy Statement:** God is the great Creator, and creation is God's artwork, through which He communicates His truth and love to mankind. Mankind, being formed in the image of God, created to give Him glory, is imbued with creativity. Through participation in the arts, students discover their God given creative abilities. They will experience God's truth through the arts and learn to express themselves in their individual artistic talents.

**Objective:** Students will be introduced to and practice the necessary skills and techniques to participate in a variety of physical activities and sports. They will demonstrate teamwork, effort, and positive attitudes as they work together and as individuals. Our goal is to teach skills needed for lifelong participation in physical activity.

**Textbooks:** Ready-to-Use PE Activities for Grades 7-9 (Landy)  
Physical Education Framework (California Department of Education)  
Ready-To-Use Secondary P.E. Activities Program (Landsmen and Jones)  
P.E. Teacher's Skill by Skill Activities Program (Turner and Turner)

**Time Allotment:** 60 minutes per day, 2 days per week

**Course Content:**

- Volleyball
- Flag Football
- Basketball
- Field Hockey
- Circuit/Track & Field
- Soccer
- Badminton
- Social Dance
- Softball
- Cross training
- Cross Country/endurance running
- Large group activities
- Frisbee
- Pilates and Weight training
- Step Aerobics

**Areas to be Evaluated:** Following instructions  
Class participation/Effort  
Respect for officials, teammates, and opposing players  
Proper Dress  
Timeliness

**Additional Activities:** After-school Athletics program featuring competitive teams for boys and girls flag football, basketball, and volleyball. Bethany is a member of the Foothill Sports League and offers after-school team sports continuously throughout the school year.