

# Hingham Middle School Curriculum Summary

## PHYSICAL EDUCATION Grades 6-8

Good physical, social and emotional health is linked with better school performance, cognitive development, attendance rates, higher graduation rates and a general improvement in the life of the student, the family and the community. The guiding principles of the required health and physical education courses are centered in teaching fundamental health concepts, practicing skills and promoting habits that enhance health and fitness. Healthy students help build healthy families, relationships, schools and communities.

### DESCRIPTIVE OVERVIEW

Physical education at the secondary level is designed to meet the individual needs of students through a variety of prescribed and selected activities. Students are introduced to essential skills and knowledge which enable them to experience a broad spectrum of physical activity for present and lifetime use. Students are given an understanding of physiological and health awareness as it relates to their body. These courses were designed with the guidance of the Massachusetts Comprehensive Health Curriculum Frameworks and the National Association for Sport and Physical Education.

### GOALS

It is our goal to ensure that through both informational settings and experiential classes in physical education we support our students' crucial need to establish patterns of behavior that reflect a respect and understanding of themselves and others. The total development of a student — physically, socially, emotionally, and intellectually— is an important aspect of our physical education program.

### OBJECTIVES

1. To provide students with knowledge and application of skills
2. To introduce students to a variety of appropriate activities
3. To provide students with a sound basis and awareness of physical fitness to carry over to adulthood
4. To develop students' physical, social, emotional, and intellectual well being
5. To develop good sportsmanship and respect for others
6. To provide students with a framework of leisure activities for lifetime use
7. To develop students' understanding of physiological awareness and health
8. To assess student progress and ability and provide for individual needs

### ACTIVITIES

Students can elect from following activities:

Archery	Frisbee	Softball
Basketball	Golf	Speedball
Field Hockey	Lacrosse	Strength Training
Fitness Fundamentals	Physical Best - Fitnessgram	Tennis
Floor Hockey	Miscellaneous Games	Track and Field
Football	Soccer	Volleyball

### ASSESSMENT

Teachers assess student progress through a variety of strategies selected to determine a students' knowledge, skills and growth. These assessments include but are not limited to classroom participation and skill demonstration.

### INSTRUCTIONAL MODEL

The method of instruction includes various techniques including demonstrations, lecture, and cooperative group activities. Students are expected to learn through active participation as well as personal reflection. An environment of personal discovery is promoted to encourage students to begin the process of independently caring for their physical, social and emotional health.