



Falcons Phys. Ed. Dimensions/Topics Overview 23/24

Updated: Jan. 18, 2024



# of Classes	Date	Auxiliary Gym	Main Gym
8	Sept. 7 – Sept. 22	Low Org Games (Owens) Outside 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6, 6.6	Volleyball (Barber) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4
8	Sept. 25 – Oct. 13	Low Org Games (Owens) Outside 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4	Volleyball (Barber) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6, 6.6
4	Oct. 16 – Oct. 23	Wide Games Outside All Classes	
8	Oct. 24 – Nov. 8	Fitness Olympics (Gr. 6)/ Group Fitness Training (Gr. 7&8) (Owens) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4	Basketball (Barber) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6, 6.6
8	Nov. 9 – Nov. 28	Fitness Olympics (Gr. 6)/ Group Fitness Training (Gr. 7&8) (Owens) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6, 6.6	Basketball (Barber) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4
8-9	Nov. 29- Dec. 18	Circus/Combatives (Owens) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6, 6.6	Dodgeball/Floor Hockey (Barber) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4
8-9	Dec. 19 – Jan. 18	Circus/Combatives (Owens) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4	Dodgeball/Floor Hockey (Barber) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6, 6.6
8	Jan. 19 – Feb. 5	Climbing/Fitness (Barber) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4, 6.6	Badminton (Owens) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6
8	Feb. 6- Feb. 29	Climbing/Fitness (Barber) 6.1, 6.2, 6.4, 6.7A, 7.1, 7.5, 8.1, 8.5, 8.6	Badminton (Owens) 6.3, 6.7B, 6.5, 7.2, 7.8.3, 7.4, 7.6, 8.2, 8.4, 6.6
5-6	Mar. 1 – Mar. 14	Dance All Classes	Dance All Classes
8	Mar. 15– Apr. 9	Survivor All Classes	Survivor All Classes
10-11	Apr. 10– May 2*	Track and Field Outside All Classes	
8-10	May 3 – May 27	Flag Football (Gr. 7&8) / Soccer (Gr. 6) Outside All Classes	
8	May 28- June 12	Field and Diamond Games Outside All Classes	
5-7	June 13- June 26	Yard and Tarmac Games Outside All Classes	

May 2 Track & Field Meet (May 7 for Rainout)
 Possible Activity Day- Week of March 5-7

EAMS PE Long Range Plan Gr. 7&8

Learning Outcomes	Units
Activity	
A1- Perform/Refine locomotor, non-locomotor, & manipulative skills	Volleyball, Basketball, and Track & Field
A2- Perform/Refine basic skills in games and activities	Low Organized Games, Badminton
A3- Perform/Refine basic skills in dance and gymnastics	Dance, Circus/Combatives
Benefits	
B1- Understand, experience, and appreciate the health benefits that result from physical activity	Fitness Olympics/Group Fitness Training
Cooperation	
C1- Use positive communication & leadership skills	Dance, Survivor
C2- Demonstrate etiquette & fair play	All Year
C3- Demonstrate teamwork	Basketball, Flag Football
Do it Daily	
D1- Put forth effort	All Year
D2- Follow safety rules/routines	All Year Fitness/Climbing
D3- Develop goals and personal challenges	Circus/Combatives, Track & Field

Grade 7 & 8 PE & Health Assessment Plan

Dimension/Unit of Study	PE (A, B, C, D) & Health (W, R) Learning Outcomes
All Units	C2- Demonstrate etiquette & fair play D1- Put forth effort D2- Follow safety rules/routines
Low Organized Games	A2- Perform/Refine basic skills in games and activities
Volleyball	A1- Perform/Refine locomotor, non-locomotor, & manipulative skills
Wide Games	C2- Demonstrate etiquette & fair play D1- Put forth effort D2- Follow safety rules/routines
Group Fitness Training (Gr. 7&8)	B1- Understand, experience, and appreciate the health benefits that result from physical activity
Basketball	A1- Perform/Refine locomotor, non-locomotor, & manipulative skills C3- Demonstrate teamwork
Dance	A3- Perform/Refine basic skills in dance and gymnastics C1- Use positive communication & leadership skills R1- I demo strategies to show respect for others
Dodgeball & Floor Hockey	C2- Demonstrate etiquette & fair play D1- Put forth effort D2- Follow safety rules/routines
Circus/ Combatives	A3- Perform/Refine basic skills in dance and gymnastics D3- Develop goals and personal challenges W5- I can use strategies to manage stress
Survivor	C1- Use positive communication & leadership skills W3- I can take ownership of my personal choices W4- I can cope with change and transition
Fitness/Climbing	D2- Follow safety rules/routines W1- I make well-informed healthy physical activity
Badminton	A2- Perform/Refine basic skills in games and activities
Track & Field	A1- Perform/Refine locomotor, non-locomotor, & manipulative skills D3- Develop goals and personal challenges
Flag Football	C3- Demonstrate teamwork
Field and Diamond Games	C2- Demonstrate etiquette & fair play D1- Put forth effort D2- Follow safety rules/routines
Tarmac & Yard Games	C2- Demonstrate etiquette & fair play D1- Put forth effort D2- Follow safety rules/routines

EAMS PE and Wellness Long Range Plan Gr. 6

Learning Outcomes	Units
Active Living: Developing physical literacy through movement and active living supports well-being across a lifespan.	
Active Living 1- Students analyze motivation and its relationship to personal development and active living.	All year, Fitness Olympics
Movement Skill Development: Developing physical literacy through movement and active living supports well-being across a lifespan.	
Movement 1- Students examine and demonstrate an understanding of structure in physical activity.	Low Organized Games, Badminton, Soccer
Movement 2- Students adapt and apply movement patterns in controlled and dynamic physical activities.	Volleyball, Basketball, Dance, Track and Field
Movement 3- Students analyze and apply conflict resolution in physical activity.	All Year
Character Development: Exploration of life opportunities and virtues develops resilience and personal talents and promotes lifelong learning.	
Character Development 1- Students connect strategies for well-being to life opportunities and lifelong learning.	Circus
Safety: A lifetime of optimal well-being is supported by prioritizing health and safety.	
Safety 1- Students examine risk and identify the factors that influence action.	Fitness/Climbing
Healthy Relationships: Personal well-being is supported by through positive relationships built on communication, collaboration, empathy, and respect.	
Healthy Relationships 1- Students consider and describe a variety of perspectives that support the development of healthy relationships.	Survivor

Grade 6 Physical Education and Wellness Assessment Plan

Dimension/Unit of Study	Grade 6 PE Learning Outcomes
All Units	<p>Movement 3- Students analyze and apply conflict resolution in physical activity.</p> <p>Active Living 1- Students analyze motivation and its relationship to personal development and active learning.</p>
Low Organized Games	<p>Movement 1- Students examine and demonstrate an understanding of structure in physical activity.</p>
Volleyball	<p>Movement 2- Students adapt and apply movement patterns in controlled and dynamic physical activities.</p>
Wide Games	<p>Movement 3- Students analyze and apply conflict resolution in physical activity.</p> <p>Active Living 1- Students analyze motivation and its relationship to personal development and active learning.</p>
Fitness Olympics (Gr. 6) & Group Fitness Training (Gr. 7&8)	<p>Active Living 1- Students analyze motivation and its relationship to personal development and active learning.</p>
Basketball	<p>Movement 2- Students adapt and apply movement patterns in controlled and dynamic physical activities.</p>
Dance	<p>Movement 2- Students adapt and apply movement patterns in controlled and dynamic physical activities.</p>
Dodgeball & Floor Hockey	<p>Movement 3- Students analyze and apply conflict resolution in physical activity.</p> <p>Active Living 1- Students analyze motivation and its relationship to personal development and active learning.</p>
Circus	<p>Character Development 1- Students connect strategies for well-being to life opportunities and lifelong learning.</p>
Survivor	<p>Healthy Relationships 1- Students consider and describe a variety of perspectives that support the development of healthy relationships.</p>
Fitness/Climbing	<p>Safety 1- Students examine risk and identify the factors that influence action.</p>
Badminton	<p>Movement 1- Students examine and demonstrate an understanding of structure in physical activity.</p>
Track & Field	<p>Movement 2- Students adapt and apply movement patterns in controlled and dynamic physical activities.</p> <p>Character Development 1- Students connect strategies for well-being to life opportunities and lifelong learning.</p>
Soccer	<p>Movement 1- Students examine and demonstrate an understanding of structure in physical activity.</p>
Field and Diamond Games	<p>Movement 3- Students analyze and apply conflict resolution in physical activity.</p> <p>Active Living 1- Students analyze motivation and its relationship to personal development and active learning.</p>
Tarmac & Yard Games	<p>Movement 3- Students analyze and apply conflict resolution in physical activity.</p> <p>Active Living 1- Students analyze motivation and its relationship to personal development and active learning.</p>