

KCMS PE Syllabus

7th & 8th Grade



<u>Week</u>	<u>Activity</u>
1st week	Orientation
2nd & 3rd weeks	Fitness Orientation / Aerobics
4th,5th,6th,7th weeks	Volleyball
8th,9th,10th,11th weeks	Flag Football
12th, 13th weeks	Kickball
14th,15th,16th weeks	Fitnessgram Assessment
17th, 18th weeks	Basketball
19th week	Fitnessgram Assessment
20th, 21st week	Basketball
22nd, 23rd, 24th,25th weeks	Soccer
26th, 27th, 28th, 29th weeks	Softball
30th, 31st,32nd weeks	Bowling
33rd, 34th, 35th weeks	Badminton
36th, 37th weeks	Net Sports, Invasion Sports, Year Closure



** 2 days out of the week will be used for fitness activities. This will be done all year.**

** Activities could change due to weather or unforeseen circumstances.

<u>Activity</u>	<u>Concepts to be graded</u>
Volleyball	Serve, pass, set, rules, officiating, team strategy
Basketball	dribble, pass, shoot, rules, officiating, team strategy
Flag Football	pass, punt, catch, rules, officiating, team strategy
Badminton	serve, volley, smash, rules, officiating
Soccer	dribble, pass, shoot to goal, rules, team strategy
Aerobics	participation, ability to follow instruction/ teacher, own routine
Golf	stance, swing, accuracy, rules, scoring
Bowling	3/4 step approach, scoring
Weight Lifting	technique, increase in lifting weight, safety
Softball	catch, throw, hit, rules, officiating



Physical Fitness Assessment - every student on campus must participate in the TEA mandated Fitness Assessment (Fitnessgram). There are 5 sections:Pacer, Sit ups, Push ups, Shoulder Reach, Weight and Height.



Grading Policy:

1. Students start with a 100 each week. Each time a student does not dress out 10 points will be deducted. Each time a student does not participate 10 points will be deducted.
2. Students will be given skills test for each unit covered. This will count as a test grade.

