



North Hampton School

6 - 8 Physical Education

2023/2024 School Year

PE is an opportunity for students in Grades 6-8 to grow and learn about themselves. Through a variety of activities students learn what they do well and what they need to work on. We encourage: self-awareness, self-discipline, being prepared for class, concern for others and cooperation.

We offer a variety of individual, small group and team activities with the goal of lifelong enjoyment of activity. Students will participate in activities/games and be challenged and encouraged to work together to meet their goals

PE Units

Below are some of the units of study we have covered during the first trimester in grades 6-8:

Community/Team Building Activities

Flag Football

Soccer

Volleyball

Outcomes that we value in PE

The following are the eight outcomes that we value in Physical Education/Wellness at North Hampton School:

- Apply skills in a game scenario
- Develop healthy habits
- Develop locomotor, manipulative and non-manipulative skills
- Participate in a variety of activities
- Demonstrate the ability to cooperate with others
- Work hard to improve your skills
- Build flexibility, endurance and strength
- Enjoy participating in physical activity

PE Expectations

- Be prepared for class
- Respect yourself
- Respect classmates and teachers
- Be open to try new activities

Non-negotiables

- Listen to and Follow directions
- Keep your body under control