

## **2019 -20 TEAM SPORTS (8th Grade)**

Hello and welcome to Pathfinder's physical education program. In Team Sports, 8th graders will be given the opportunity to explore and engage in several different sport units. During each unit, students will review fundamental skills, continuing to practice and further develop them. In addition, students will also learn more about strategy, technique and teamwork. A large portion of each unit will involve games and/or tournaments, enabling students to begin applying the skills and strategies that were covered. Good sportsmanship and positive behavior is expected while working on skills and especially during competition.

### **WHAT WE WILL FOCUS ON THIS SEMESTER**

- Develop and improve fundamental skills in various team sport units.
- Develop knowledge, strategies and aspects of teamwork that pertain to selected team sport activities.
- Engage in friendly, yet competitive games and/or tournaments.
- Develop a mindset that being physically active is important, and exercising should be a fun priority.

### **TEAM SPORT UNITS**

Softball

Basketball

Tennis

Volleyball

Soccer

Floor Hockey

- We will explore other team sports occasionally throughout the semester as well.

### **WHAT WILL BE EXPECTED**

- Dress appropriately for P.E. every day (tennis shoes, shorts, sweats, t-shirt, etc.)
- Participate with effort each and every day
- Be on time to class each day
- Respect others and demonstrate good sportsmanship
- No gum, food or drink in the gymnasiums or locker rooms
- No unsupervised use of equipment
- No horseplay in the gymnasiums, locker room or adjacent hallways