There are many personal and social benefits from participating in Physical Education. Sports help build character. Running/exercising makes you feel better. Playing fair and honestly in class will help foster the idea that you should play fairly and honestly throughout your life. Physical Education creates the environment that can be emotional, interactive and for many kids fun. Students show more of themselves in physical education settings than anywhere else. This creates situations in which Physical Education teachers can have those “teachable” moments to process with students the social and emotional situations that occur.
|| Semester | Skill-Theme Units | Social/Emotional Learning* |
|---|---|---|
| 1 | -PE and Playground Rules  
- Personal Space / Levels / Pathways / Directions  
- Chasing / Fleeing / Dodging  
- FitnessGram  
- Kicking and Punting  
- Throwing and Catching  
- Dribbling with Hands | *We work on all of these throughout the entire school year  
Challenge Yourself  
Appropriate Risk Taking  
Three P’s of learning (Position, Place, Partner)  
I-Messages  
Bubble/Personal Space  
Turn taking/sharing  
Self Control in class and game situations  
Recognize and accept differences in others' abilities  
Group and Teamwork  
Goal Setting  
Honesty  
Responsibility  
Sportsmanship  
Problem Solving  
Advocating |
| 2 | - Striking with Long Handled Implements  
- Volleying  
- Striking with Short Handled Implements  
- Jumping and Landing  
- Table Tennis | |
| 3 | - Creative Movement  
- First Tee Golf  
- Lacrosse  
- Batting  
- Outdoor games | |
<table>
<thead>
<tr>
<th>Semester</th>
<th>Even Years</th>
<th>Odd Years</th>
<th>Every Year</th>
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</table>
| 1        | **Outdoor Team Sports**  
Orienteering  
Flag Football  
Ultimate Frisbee  
Paralympics  
Surfing (Gr. 8)  
**Outdoor Team Sports**  
Soccer  
Lacrosse  
Touch Rugby  
Surfing (Gr. 8)  
**Social/Emotional Learning***  
*We work on all of these throughout the entire school year*  
Challenge Yourself  
Appropriate Risk Taking  
Self Control in class and game situations  
Recognize and accept differences in others' abilities  
Group and Teamwork  
Goal Setting  
Honesty  
Responsibility  
Sportsmanship  
Problem Solving  
Advocating |
| 2        | **Indoor Sports**  
Volleyball  
Table Tennis  
Buka Ball  
Basketball  
Bowling  
Snowshoeing  
Skateboarding (Gr. 8)  
Fitness (DDR)  
Fitnessgram  
First Aid/CPR (Gr. 8)  
**Indoor Sports**  
Badminton  
Pickleball  
Floor Hockey  
Team Handball  
Indoor Climbing  
Skateboarding (Gr. 8)  
Fitness (jump rope)  
Fitnessgram  
First Aid/CPR (Gr. 8) |
| 3        | **Outdoor Sports**  
Softball/Baseball  
Track and Field  
Speedminton  
Golf (Gr. 8 First Tee)  
Fishing (Gr. 7)  
**Outdoor Sports**  
Golf  
Cricket  
Outdoor Games (Gr. 5&6)  
Tennis (Gr. 7&8)  
Golf (Gr. 8 First Tee)  
Fishing (Gr. 7) |