**Bloomington Junior High School 7th Grade Curriculum**

The BJHS Physical Education curriculum is designed to challenge students in the areas of psychomotor, cognitive and affective well-being through differentiated instruction. The National SHAPE America & Illinois Learning Standards for Physical Development and Health are implemented on a daily basis to provide our students with the foundation to make informed decisions that will empower them to achieve and maintain a healthy lifestyle. Courses will incorporate the use of game play, team building / problem solving, personal fitness and growth.

**7th Grade**

**Individual Sports/Activities**

This course is designed to follow an Individual Sports/Activities curriculum. Individual Sports/Activities is a fitness based course that utilizes differentiated instruction for various skill levels. All choices will focus and work to maximize student participation and effort through the following activities:

|  |  |
| --- | --- |
| Disc Golf | Gymnastics |
| Yard/Driveway Games | Bowling |
| Dance Fitness | Badminton |
| Team Building | Pickleball |
| Meditation | Recreational Games |
| Fitness Testing | First Aid |
| Etc…. |  |

**Team Sports/Fitness**

This course is designed to follow a Team Sports/Activities curriculum. Team Sports/Activities is a fitness based course that utilizes differentiated instruction for various skill levels. All choices will focus and work to maximize student participation and effort through the following activities:

|  |  |
| --- | --- |
| Whiffle Ball | Speedball |
| Flag Football | Floor Hockey |
| Flickerball | Soccer |
| Team Building | Basketball |
| Volleyball | Fitness Testing |
| Flickerball |  |
| Etc…. | |

**Bloomington Junior High School 8th Grade Curriculum**

The BJHS Physical Education curriculum is designed to challenge students in the areas of psychomotor, cognitive and affective well-being through differentiated instruction. The National SHAPE America & Illinois Learning Standards for Physical Development and Health are implemented on a daily basis to provide our students with the foundation to make informed decisions that will empower them to achieve and maintain a healthy lifestyle. Courses will incorporate the use of game play, team building / problem solving, personal fitness and growth.

**8th Grade**

**Personal Wellness**

Personal Wellness is a course designed to help students utilize the Health Triangle (physical, social, and mental/emotional) to improve on their own personal wellness: physical health, mental/emotional health, and social health. The activities in this course are designed to maximize learning of all three sides of the Health Triangle through hands on participation, problem solving, and self-reflection. Students will be introduced to heart rate monitors, other forms of technology, journaling, record keeping of personal fitness data, game play through individual/team sports/activities, leadership development, first aid training, and both teacher and student designed instruction.

|  |  |
| --- | --- |
| Team Sports/Activities | Team Building |
| Individual Sports/Activities | Classroom Activity |
| Indoor & Outdoor Physical Activity | Developing a Fitness Plan |
| Journaling & Recording Data | Leadership Training |
| Use of Heart Rate Monitors & Technology | Fitness Testing |
| First Aid Training | Etc…. |

**Advanced PE**

This course is designed to build skill related sports performance fitness. Students will work to improve and understand speed, coordination, agility, power, balance, and reaction in addition to health based fitness concepts. Students will accomplish this through sports, games, and sport performance workouts. Students will be challenged both physically and mentally to improve performance. Student leaders will lead other students on teams throughout the duration of the class. Previous/current PE teacher must recommend students in order to be eligible to take this course. Students must maintain a “B” or higher to remain in this course.

|  |  |
| --- | --- |
| **2018 Fall Semester** | **2019 Spring Semester** |
| Team Sports/Activities | Team Sports/Activities |
| Individual Sports/Activities | Individual Sports/Activities |
| Indoor & Outdoor Physical Activity | Indoor & Outdoor Physical Activity |
| Use of Heart Rate Monitors & Technology | Use of Heart Rate Monitors & Technology |
| Team Building | Team Building |
| Classroom Activity | Classroom Activity |
| Fitness Testing | Fitness Testing |

**8th Grade Curriculum Cont.**

**Team Sports/Activities**

This course is designed to build on the 7th grade team sports/activities curriculum. Team Sports/Activities is a fitness based course that utilizes differentiated instruction for various skill levels. All choices will focus and work to maximize student participation and effort through the following activities:

|  |  |
| --- | --- |
| Whiffle Ball | Speedball |
| Flag Football | Floor Hockey |
| Flickerball | Soccer |
| Team Building | Basketball |
| Volleyball | Fitness Testing |
| Flickerball | Etc… |
|  | |

**Individual Sports/Activities**

This course is designed to build on the 7th grade Individual Sports/Activities curriculum. Individual Sports/Activities is a fitness based course that utilizes differentiated instruction for various skill levels. All choices will focus and work to maximize student participation and effort through the following activities:

|  |  |
| --- | --- |
| Disc Golf | Gymnastics |
| Yard/Driveway Games | Bowling |
| Dance Fitness | Badminton |
| Team Building | Pickleball |
| Meditation | Recreational Games |
| Fitness Testing | Etc… |
|  |  |