



COVINGTON LATIN SCHOOL

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PREP 7 PHYSICAL EDUCATION

Textbook: None

Course Description:

This course is designed to enhance the student's knowledge and capabilities in the area of physical education through cardiovascular, strength and flexibility training. Games and activities are used to demonstrate their knowledge and capabilities.

Course Goals:

1. To develop an understanding of the concepts of cardiovascular endurance, muscle strength and joint flexibility.
2. To improve or maintain endurance, strength and flexibility.
3. To develop a personal understanding of their needs in endurance, strength and flexibility.
4. To build knowledge of rules and techniques and skills in various games and activities.

Course Objectives:

1. To develop an understanding of cardiovascular endurance and how it is related to pulse rate.
2. To examine personal flexibility and compare to average flexibility.
3. To understand the need to warm up and safety requirements in various sports and activities.
4. To improve knowledge and skill in the lead up activities for the sports of soccer, baseball/softball, floor hockey, basketball, tumbling, hantis, body weight exercises, captain ball, volleyball.
5. To develop an appreciation for difficulties of various sports and activities.
6. To apply sportsmanship and Christian behavior in sports activities.
7. To learn basic knowledge of the ballroom dance. To develop the sense of rhythm and coordination of movement. To learn the different styles of the dances.

Course Sequence:

First Semester

Cardiovascular/coordination

A. Soccer

Captain ball

Kickball

Volleyball

Track and field exercises

Body weight exercises

Second Semester

Flexibility

Tumbling

Stretching

Muscular Strength

Tumbling

Games unit

Hantis

Floor Hockey

Softball/baseball

Wiffleball

Double kickball

Fuzzy ball