C.U.S.D. #1 – Physical Education Curriculum

CMS Physical Education Profile

Grade Level: 7 / 8th **-revised 5.30.07**

Upon completion of this course, a student should be able to:

1.) **Develop and maintain personal good health and fitness**
Illinois State Goal – 20.A.3b

2.) **Achieve personal satisfaction through emotional responses as an individual and group member**
Illinois State Goal – 21.B.3

3.) **Develop leadership qualities and attributes**
Illinois State Goal – 21.A.3b

4.) **Achieve creative and interpretive development through participation in classroom activities**
Illinois State Goal – 19.A.3

5.) **Acquire basic skills of activities for leisure time use**
Illinois State Goal – 20.A.3b

6.) **Compete in a variety of activities at student's own level of ability**
Illinois State Goal – 21.A.3c

7.) **Realize the need to promote and carry out acts of good sportsmanship and citizenship during participation**
Illinois State Goal – 24.A.3c

8.) **Understand the relevance of proper warm up and cool down exercises during physical education**
Illinois State Goal –20.B.3a

9.) **Wear appropriate clothing and footwear while performing physical activities**
Illinois State Goal – 19.C.3a

10.) **Identify consumer issues related to the selection, purchase, care, and maintenance of sports products**
Illinois State Goal –21.A.3b

Time Allocation: **36 Weeks**

Assessment:
Teacher-made tests
Group work
Participation
Attendance
Skill Performance Tests