



Wellspring Learning Community Middle School Grades 6-10 Physical and Health Education

Grade Level	List of Units/Content	Assessment Types
Grade 6	<ul style="list-style-type: none"> • Introduction to Basketball • Introduction to Badminton • Football Basic Skills <ul style="list-style-type: none"> ○ Health: Nutrition – Healthy eating habits • Gymnastics Basic Floor Routines 	There are Four assessment Criteria to enable teachers to achieve the aims and objectives of teaching Physical and Health Education:
Grade 7	<ul style="list-style-type: none"> • Basketball Fundamentals • Football Fundamentals • Badminton: Basic skills and technique. • Fitness • Introduction to Athletics 	Each Criterion has 4 strands and each strand must be assessed twice per year Criterion A: Knowing and understanding (Essay, Debate, Presentation, Dialogue)
Grade 8	<ul style="list-style-type: none"> • Football Game Situations Development • Basketball Game Situations Development • Badminton: Footwork and Movement Concepts • Gymnastics Complex Routines 	Criterion B: Planning for performance (Designing a plan, Aesthetics routine, Health plan)
Grade 9	<ul style="list-style-type: none"> • Basketball Team Defense/Offense • Handball • Gymnastics Routines • Badminton • Fitness and Health – Coach/Client: <ul style="list-style-type: none"> ○ Fitness: Factors to improve performance – FITT Concept ○ Health: Cardiovascular system • Football Team Defense/Offense 	Criterion C: Applying and performing (drills, games, workouts, implementation of plans, performances) Criterion D: Reflecting and improving performance (Written reflection, peer reflection, video recording)
Grade 10	<ul style="list-style-type: none"> • Football Advanced Football: Positioning and Tactics • Handball • Badminton: Advanced game strategies • Fitness and Health: Coach/Client Relationship – Energy Systems • Volleyball: Identifying player roles in game situations • Advanced Basketball: Positioning and Tactics 	