

Term One PE Units Grades 7th -8th

Team Sports

Soccer, football, team handball



- Objective
 - Ball skills, Teamwork & Sportsmanship.
- Choice units:
 - Football or Soccer/tchoukball/fitness walking.
 - Soccer or map & compass/orienteer/nature skills.
- Small teams
 - More touches, more movement and Everyone gets involved.



Fitness

Trail Run & Fitnessgram (back saver sit and reach, trunk lift, flex arm hang)

- Objective
 - Cardiovascular & strength training.
 - Goal setting, Personal fitness responsibility and skills.



Adventure Week

Pokemon Go & team challenges

- Objective
 - Team building & Challenge.
 - Mental skills.



Large Group Games

Prey & Predator, Tag, Lord of Rings, Capture the Pumpkin, Capture the Turkey

- Objective
 - Strategy, teamwork, sportsmanship and dodging.

