

Phys. Ed/ Health Curriculum Overview

This year at the Academy of the Most Blessed Sacrament we will be focusing on three units consisting of three different sports during the first trimester.

Soccer – All Grades

- Younger grades will focus on the beginner skills of soccer. We will work on the fundamentals of soccer. Skills such as dribbling, passing, and shooting will be mastered before the students engage in a game.
- Older grades will also focus on the skills, but will engage in games quicker if their skill levels are higher.
- All grades will learn the positions and terms involving soccer. Some background knowledge of the sport will be provided and class discussions will occur.

Football – All Grades

- Younger grades will concentrate on throwing, catching, and also running with the football. We will discuss the positions and their purpose also. They will engage in games using flags at the end of the semester.
- Older grades will also start with the fundamental skills. Games will be played with flags.
- All grades will also learn players, some football knowledge, positions, and teams throughout the semester.

Basketball – All Grades

- Once again the younger grades will focus on the beginner skills such as dribbling, shooting, and passing. We will learn the basics of passing, the differences between a bounce pass and a chest pass. We will work on dribbling with both hands, and learn when to dribble and when to pass. Students will also learn the proper way to shoot and the proper way to shoot a lay up.
- Older grades will begin with working on skills and the basics also. Games will be played at the end of each class will be played depending upon the students mastering the skills for that given day.
- Positions will be discussed and different strategies will also be discussed and the proper times to use those strategies throughout the game.

Second Trimester - Health

Third Trimester will also focus on three major units

Baseball - All Grades

- All grades will start with the fundamentals. Students will learn the proper techniques to throwing, catching, and running the bases. Games will be played depending upon each grades level of ability to complete the fundamentals. Games will be played with either tennis or whiffle balls.

Kickball – All Grades

- We will be combining the skills learned from soccer and baseball to focus on this unit. Games will be played almost every class since the skill level is minimum and students do master this unit quicker than most.

Fitness and Games – All Grades

- Students will walk/jog/run the mile in this unit. We will also focus on proper ways to stretch and other activities involved in a healthy lifestyle.
- Games such as octopus, medic ball, battle ball, chaos, etc... will also be played in this unit.