

Henry County Middle School Physical Education Philosophy

Physical education is an essential and vital component in the middle school curriculum. It is important because it is the only subject area that focuses on the education of the whole child through the medium of physical movement activities. Physical education emphasizes the development of skills in the psychomotor domain, as well as the skills and knowledge in the affective and cognitive domains. In addition, it offers students an opportunity to develop good sportsmanship, team play, and a chance to enhance basic motor and movement skills in a non-competitive and non-threatening atmosphere.

Middle school physical education comes at a time when a child is going through rapid changes during their middle school years. Our program acknowledges the fact that middle school students are unique, and are experiencing a "special" developmental period between the ages of ten and fourteen called transescence. This transitional stage between elementary school and high school is characterized by a vast number of developmental changes that occur physically, socially, emotionally, cognitively, and morally in our students. Because of their rapid physical changes, combined with the potential hazards of social development, this is a crucial period of healthy, personal growth and development. Our program is designed to utilize specifically planned sequential learning activities to meet these unique needs, characteristics, and individual abilities of this age group.

Our physical education program assists young people in formulating the moral principles to which they may live their lives. This needs to be done with their family in mind. It is important that our department help give the students basic social skills for making positive decisions in their lives. All students should expect to be successful and it is important that we allow them to achieve success in their physical education class. In order for the students to achieve success we, as educators, will need to guide them in the right direction, both academically and morally.

The physical education curriculum in the middle school must address skills that are relevant and geared to the students' level of understanding. Our program offers a balanced curriculum, which emphasizes instructional rather than recreational learning. This curriculum includes instructional units on individual, team, and dual sports. In addition, we offer units in dance, cooperative games, as well as individual learning activities such as physical fitness and conditioning. It is important for physical education, as an exploratory, to help students with critical thinking, decision making, and to help examine appropriate problems and take steps to solve them. Also, as an orbital subject, we must enable students to dissolve their abilities, talents, interests, values, and preferences. By allowing students to develop this self-knowledge, it will help prepare them for the future and become good citizens.

Our physical education teachers believe all students can learn, and that all children must be held accountable for their learning. We need to teach the whole child, not just physically, but emotionally as well. Students need to understand that physical activity is a life long health activity. In order to get the full benefit out of a healthy lifestyle, the students need to know the many methods. The best way for these adolescents to learn these techniques is through engagement and interaction. It is essential that students in our program be active participants, whether they have mastered a basic skill/movement, or are learning one for the first time. Individual differences can be accommodated through modifications in activities and through student choices.

Our physical education program provides fair and equal treatment of all the students. We believe that each student should be given an equal opportunity to learn and reach their ultimate potential in a safe, structured, and well-organized program. Achievement in our program will be based on motor skill development, as well as cognitive knowledge of the skills being taught, active participation, and engaging in positive social behavior and peer interactions. Assessment of students will be continuous and on-going throughout the school year during each unit taught in the gymnasium, as well as in the fitness lab. This is an important part of the learning process for each student. It helps to measure a student's progress toward their personal goals. The student needs to be a part of this process in order for it to be effective. Any student that makes a reasonable effort during the activities should see some marked improvement in their progress.

Our goal is to provide a quality physical education program for the students at the middle school level. We want to provide instruction in the motor and self-management skills needed to enjoy a wide range of physical activity experiences. Building a student's confidence and keeping them active throughout the class is an important and essential component of our physical education classes.

Our physical education program is committed to the education and development of our students. The teachers understand that we are responsible for motivating our students to be active participants in learning skills and knowledge that will ultimately lead to a physically active and healthy lifestyle. Although physical education can be very indecisive and demanding, it needs to be enjoyable for all those involved. Our classes entail a multitude of activities for the students to enjoy. Because our teachers understand the importance and relevance of physical education to the overall development of our students, we are committed to providing a positive and quality learning experience. Our curriculum covers the development of the child as a whole, and is a continuation from 6th grade to 7th grade to 8th grade.