

IMS PHYSICAL EDUCATION

FITNESS TESTS	GRADING
1. Mile Run	1. Participation
2. Pacer Test	2. Improvement
3. Sit-up Test	3. Fitness Tests
4. Push-up Test	4. Skill Tests
	5. Written Tests
	6. Unit Grade



UNITS AND ACTIVITIES	UNITS AND ACTIVITIES	UNITS AND ACTIVITIES
6th Grade Units	7th Grade Units	8th Grade Units
◆ Physical Fitness	◆ Physical Fitness	◆ Physical Fitness
◆ Soccer	◆ Speedball	◆ Football
◆ Creative Movement Jump Rope Routines	◆ Creative Movement Line Dancing	◆ Creative Movement Student Created Games
◆ Basketball	◆ Roller Blades	◆ Team Handball/Floor Hockey
◆ Weight Training	◆ Weight Training	◆ Weight Training
◆ Aerobic Training	◆ Aerobic Training	◆ Aerobic Training
◆ Badminton/Pickle Ball	◆ Badminton/Pickle Ball	◆ Badminton/Pickle Ball
<ul style="list-style-type: none"> • Speed, quickness & Agility 	<ul style="list-style-type: none"> • Speed, quickness & Agility 	<ul style="list-style-type: none"> • Speed, quickness & Agility
<ul style="list-style-type: none"> • Ulti-Ball 	<ul style="list-style-type: none"> • Angle Ball 	<ul style="list-style-type: none"> • LaCrosse
<ul style="list-style-type: none"> • HEALTH 	<ul style="list-style-type: none"> • HEALTH 	<ul style="list-style-type: none"> • Volleyball

Physical Education LADDER OF DISCIPLINE	
Step 1:	Verbal Warning/Meeting
Step 2:	Misconduct Card
Step 3:	Parent Contact
Step 4:	Detention
Step 5:	Behavior Contract
Step 6:	Administrative Support
	<ul style="list-style-type: none"> • Steps may be skipped based on severity...