



# Lakeshore Middle School

## 7<sup>TH</sup> GRADE PHYSICAL EDUCATION



**MR. MCCLINTIC**  
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**Class site:**  
<http://bucspe.weebly.com>

I teach 7<sup>th</sup> grade P.E., 8<sup>th</sup> grade Advanced P.E. and Connections

### I ENJOY...

- Time with Family
- Staying Active
- Teaching P.E.
- Playing Racquetball
- Reading
- Gardening

### FUN FACTS...

- Detroit Red Wings Fan
- Never eaten a blue M&M
- I have 2 kids (3<sup>rd</sup> kid due in Oct.)
- My dogs name is Delmer
- I Coach Endurance Adventure

### CLASS INFORMATION:

- Provide knowledge, skills & attitude necessary to lead a healthy lifestyle
- Support making good choices to improve health, maintain fitness and prevent diseases
- Health-related fitness concepts, team sports & group activities focused on character, leadership, sportsmanship & teamwork.

### ASSESSMENT:

- Practice and reinforcement of concepts are important for learning. Homework will be give bi/tri-weekly
- Students are encouraged to discuss and practice their fitness knowledge/skills.
- Positive attitudes, responsibility (dressing), and putting forth quality effort should be exhibited every day.

## Units & Topics

### Skills for Success

Character  
 Leadership  
 Sportsmanship  
 Teamwork  
 Goal Setting

### Sports & Activities

Team Handball    Floor Hockey  
 Sepak Takra      Satryan Ball  
 Frisbee            Soccer  
 Speedball         Net Games  
 Classic Games    Omnikin Ball  
 Football            Running

### Fitness

Fitnessgram  
 Circuits  
 High Intensity Interval  
 Training  
 Strength Training  
 Yoga/Pilates

(Activities Subject to Change)