



# Lakeshore Middle School

## 8<sup>TH</sup> GRADE ADVANCED P.E.



**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:

The aim of physical education is to give students the knowledge, skills, and confidence they need to continue improving their physical performance and fitness and to realize that attaining and maintaining good health is for a lifetime. The focus of Advanced P.E. is for students to improve their fitness and use their skills to increase their level of play in a variety of sports/games. The class will include a variety of team sports and encourage healthy competition, good sportsmanship and teamwork. Students will work on personal fitness, goal setting and be introduced to strategies for attaining those goals. Students need to be willing to work hard and expect to sweat.

### ASSESSMENT:

- Practice and reinforcement of concepts are important for learning. Homework will be given weekly through the use of Google classroom.
- 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            Tchoukball

### Fitness

Fitnessgram  
 Cardio  
 Circuit Training  
 Personal Best Days  
 High Intensity Interval Training  
 Strength Training  
 Yoga/Pilates

(Activities Subject to Change)