

Welcome to  
Harding Physical Education

**Mission Statement:**

The Des Moines Public School District's Physical Education Program enhances each student's total wellness through intellectual, social, emotional, physical, and spiritual development.

**Harding Vision:**

to be an innovative school that empowers each student to be academically, socially, and emotionally prepared for life.

Instructor: Ms. Penquite & Mr. Evans

Room: Gym

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**Course Outline**

- **August:** Harding and Physical Education Expectations
- **September:** Football Skills
  - , Passing, Catching, Kicking, Punting. Ultimate Football, Team Collaboration and Game Strategies
- **October:** Volleyball Skills
  - Bumping, Setting, Passing, Team Collaboration and Game Strategies
- **November:** Basketball Skills
  - Dribbling, Passing, Catching, Team Collaboration and Game Strategies
- **December:** Low Organizational Games
  - Timberwolf Ball
    - Air dribbling and striking a volleyball to hit the target area.
  - Wall Soccer
    - Dribbling, passing, and striking the ball to hit the target area.
  - Kick Ball
    - Kicking, Throwing, Catching, Base running, and Team Collaboration
- **January:** Rail Yard & Pickleball

- Rail Yard: Balance, Creativity, Coordination, Strength, Flexibility, Cardiovascular Endurance, Creating Individual Challenges While Accomplishing Movement Tasks.
- Pickle Ball: A Paddle Sport That Combines Elements of Badminton, Tennis, and Ping Pong. Striking The Ball With a Small Implement While Learning, Judgement, Control, and Strategy.
- **February:** Badminton
  - Striking The Birdy With a Long Implement While Learning, Judgement, Control, and Strategy. A Game in Which a Birdy is Played Back and Forth Across a Net.
- **March:** Floor Hockey
  - Striking a Puck With a Long Implement. Dribbling, Passing, Controlling, Aiming, Team Collaboration and Game Strategies.
- **April:** Soccer
  - Dribbling, Passing, Trapping, Goal Kick Accuracy, Team Collaboration, and Game Strategies.
- **May:** Baseball/Softball
  - Batting, Throwing, Catching, Team Collaboration and Game Strategies.
- **Weight Room/Outside**
  - Throughout the year classes will take turns being in the Weight Room, and Outside.
    - Fitness Testing, Developing Personal Fitness Plans and Warm up and Cool Down Routine, Implementing Personal Fitness Plans and warm up and cool down routines, Dance and Rhythmic Movements, Learning the Difference Between Static and Dynamic Stretching, Jump Rope: Long Rope, Short Rope, Develop a Jump rope Routine.

## Grade Breakdown

<b>Evidence Shows the Student Can..</b>	<b>Topic Score</b>
Demonstrate all learning targets from Level 3 and Level 4	4.0
Demonstrate all learning targets from Level 3 with partial success at Level 4	3.5
Demonstrate all learning targets from Level 3	3.0
Demonstrate some of the Level 3 learning targets	2.5
Demonstrate all learning targets from Level 2 but none of the learning targets from Level 3	2.0
Demonstrate some of the Level 2 learning targets and none of the Level 3 learning targets	1.5
Demonstrate none of the learning targets from Level 2 or Level 3	1.0

### What Can Parents do to Help Their Student Be Successful in Physical Education at Harding Middle School?

- Provide opportunities for your students to participate in at least 60 minutes of physical activity a day!
  - Sign your students up for sports or activities
  - Go for walks
  - Play at a park
  - Jump Rope
  - Dance
  - Tumbling
  - Bike
  - Reduce/Eliminate sugary drinks and junk food
  - Be Creative!