

## **Physical Education Department**

### **Herbert Morrison Technical High School**

#### **PROMOTING A CULTURE OF EXCELLENCE**

Curriculum outline Grade 7 2020 -2021

Teachers: Mrs. Shole Lynch Marsh and Mr. Ellis

Academic year: September 2020- June 2021.

From: Mr. C. Grant (H.O.D.)

Overview:

- The syllabus is divided into two sections Physical Education and Sports
- Each sport will carry a practical and theory component.
- Students must be in the correct participation uniform (gears). Gears are available at school cost \$ 2500.
- Textbook: PE 1-2-3 by G.Lai and website to access information
- Teachers will provide notes.
- Method of testing (Practical, multiply choice, short answer, projects)
- Time table one double sessions 70 minutes and a single session 35 minutes.
- Students will be assessed at least twice each month
- Students will have one grade record for each month
- Students will be assessed with one common paper at the end of the academic year

## **Physical Education (Theory) topics:**

### **History of Physical Education section 1:**

- What is Physical Education
- Objectives of Physical Education

### **History of physical Education section 2:**

- The history of Physical Education
- Prehistoric Man
- Ancient China
- Ancient India
- Ancient Egypt
- Ancient Greece
- Feudalism
- The renaissance
- The Modern Era

### **The Olympic:**

- The modern Olympic Games
- The Olympic Charter
- The Olympic Games Creed, the Olympic Motto.

### **Fitness:**

- What is Physical Fitness?
- What are the components of Physical Fitness?
- Health – related Components of fitness

- Skill related components of fitness

### **What is a diet :**

- Components of a diet
- Carbohydrate
- Proteins
- Fats
- Fiber
- Minerals (iron, calcium, magnesium)
- Vitamins (A-E)
- Water

### **The Human Body**

- What makes up the Human Body?
- Cell, tissues, Organ, System, Organism
- Organs (Bones, Cartilage, Tendons, and Ligaments)
- The system of the body

### **What are the systems of the Human Body general?**

**A general overview** of the following system: skeletal system, muscular system, circulatory system, respiratory system, digestive, the nervous system, reproductive system, Endocrine system, excretory system and skin system.

**Detail look at the following systems** (specific): skeletal muscular system, circular system, respiratory system, Digestive System,

**The skeletal system:**

- Define the skeletal system
- State the functions of the skeletal system
- Describe the structure and the workings of the skeletal system
- Name the major bones of the skeletal system
- Identify the different joints found in the human body
- Describe the effects of physical activity on the skeletal system

**The Muscular System:**

- What is the function of the muscular system. As relates to sports.
- parts of skeletal muscles?
- three types of muscles of the human body (skeletal, Smooth, and Cardiac)
- What types of movements are produced by skeletal muscles
- What are the effects of exercise on the muscular system?

**The circulatory system:**

- What is the Circulatory system
- What are the functions of the circulatory system
- What makes up the Circulatory system
- The heart
- How does blood circulate around the body
- The cardiac cycle
- How does the Circulatory system affect other system

**The respiratory system:**

- What are the function of the Respiratory system
- What makes up the respiratory system

- How does the Respiratory system work
- How do you breathe in and out
- What are the effects of physical activity on the Respiratory System

### **The Digestive System:**

- What make up the Digestive
- What are the function of the Digestive System
- What is Digestion
- How does Digestion occur
- What are the nutrients absorbed during Digestion

## **Sports**

### **Physical Education under covid 19**

Three parts to exercise session Warm-up, skill training, and cool down.

#### **1 Warm-up Activities**

How to warm-up for the main activity

Light aerobic phase; the stretch (static Stretching, Assisted and Dynamic and flexibility phase)

#### **2 Main activities. (Skill training)**

Basic skill related activities that lead up to the main activities for sports.

#### **3 Cooldown Activities**

Phase of cool down: gentle aerobic phase and stretching phase.

Sports to be covered for the academic year. Track and Field, Netball girls (only), Football and Basketball.

### **Track and field:**

Objectives:

- Understand the history of track and field

- Outstanding achievement in track and field at Herbert Morrison Technical
- Identify the areas on the field where the various field events occur and the position on the track where the different races start
- Describe and demonstrate the basic technique of running, jumping and throwing in track and field

### **Netball for the girls only**

Objectives:

- Understand the history of netball
- history and development of the game netball
- describe how the game of netball is played
- describe the netball court
- identify the different playing positions
- describe and demonstrate skills such as passing, receiving, pivoting, and shooting
- identify the equipment used in the game of netball
- Understand some of the terms used in netball

### **Football**

Objectives:

- **history of Herbert Morrison football team outstanding performance**
- **history and development of the game football**
- Local football Organizations
- The Jamaica referee association,
- Jamaica football federation
- state the dimensions of the football
- identify the field position
- identify the equipment used in the game of football
- describe and demonstrate skill such as passing and receiving, dribbling, shooting and goalkeeping.

## **Cricket :**

- Understand the history of cricket
- Identify the field position
- State the dimension of the pitch, crease area, and field
- Identify the equipment used in the game of cricket
- Describe and demonstrate skills such as batting, bowling, fielding and wicket-keeping
- List the ten ways the batsman can be dismissed
- Demonstrate the basic umpiring signals
- Understand some of the terms used in cricket

## **Basketball will be optional - base on time available :**

### **Basketball**

#### Objectives:

- understand the history of basketball
- history of Herbert Morrison basketball team outstanding performance
- describe how the game of basketball is played
- describe the basketball court
- describe and demonstrate skill such as dribbling, passing, receiving pivoting and shooting
- identify the equipment used in the game of basketball
- identify the different playing positions
- demonstrate some of the signals used in basketball
- identify some of the rules of the game
- understand some of the rules of the game
- understand some of the terms used in basketball