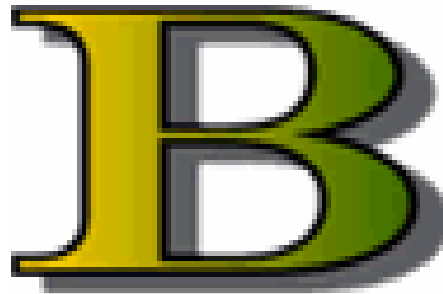


PHYSICAL EDUCATION

Mission statement

The ultimate goal of the physical education program at Berlin Central Schools is to prepare students to make responsible decisions that will positively affect their physical health and wellness and to develop an attitude that results in lifelong fitness



PHYSICAL EDUCATION  
DEPARTMENT

Mrs. Berschwinger

Mrs. Honsinger

Mr. Sauer

Mr. Schmich



# SPORTS MODEL

This model of physical education is an in depth and intensive class that emphasizes team sports and vigorous participation.

Each unit will be 6-8 weeks in length. Students will be expected to learn and understand the rules, skills, etiquette and strategies necessary to be proficient in a variety of activities

Students will participate in a team setting. The teams will practice together and play against other teams in the class..

Once the activity is decided the teacher will expect all students to learn and understand the rules, etiquette, skills and strategy.

Students' grade will be based on his/her ability to demonstrate the skill, knowledge and strategy of the activity . Students will be expected to be prepared to play. Teamwork, cooperation and good sportsmanship will be required.

## Possible Activities

Football	Badminton
Soccer	Track and Field
Field hockey	Softball
Lacrosse	Basketball
Pickle ball	Team handball
Volleyball	Wrestling

# Fitness Model

This model emphasizes fitness related activities, individual and lifetime sports.

Each unit will be 4-6 weeks in length and will include the four components of physical fitness (strength, flexibility, muscle endurance and cardiovascular endurance.) Students will be engaged in 30-40 minutes of moderate activity.

Once the activity is decided the teacher will help students understand how to become and stay physically healthy as well as manage his/her weight

Students' grade will be based on his/her participation and activity level as it relates to his/her ability. Students will be expected to keep a journal and track progress

## Possible Activities

Yoga  
Aerobics  
Dance  
Walking  
Cross Country Skiing/running  
Badminton  
Gymnastics  
Nutrition/Wellness  
Pickle Ball  
Racket Ball  
Weight lifting

# Traditional model

This model will emphasize a combination of team and individual sports as well as include fitness and lifetime activities

Each unit will be 2-6 weeks in length and will overview a variety of activities. Students will be expected to have a basic understanding of any given unit

Once the activity will be decided the teacher will provide instruction on the skills and knowledge necessary to participate in the activity

A students grade will be based on participation, skill and understanding

## Possible activities

Soccer	gymnastics
Football	basketball
Field hockey	weight lifting
Badminton	volleyball
Aerobics	softball
Cross country	running/skiing

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