

## ***Middle School Physical Education and Interscholastic Sports***

The middle school years are a time of rapid physical, mental, social and emotional growth. The Physical Education Program in the middle school builds upon the skills acquired in the lower school to support SDJA students during this time of growth. Traditional, international and non-competitive sports are utilized in conjunction with current fitness routines so students can enhance their loco-motion, fitness and intra-personal skills. The middle school program is the first time SDJA students are introduced to structured strength and conditioning activities in the fitness room.

### **Grade Six**

We believe the 6<sup>th</sup> grade year is a transitional time for our students. In the 6<sup>th</sup> grade year, the students' academic schedule is quite different than their K-5 experience. With this in mind, the 6th grade PE program is led by multiple PE teachers and supported by the SDJA Leadership Class.

The leadership students are high school student athletes who are enrolled concurrently in a course of study concentrating on leadership skills and coaching strategies. Under the direction of the PE teachers, the leadership students fill various athletic support roles in the 6<sup>th</sup> grade PE class. This high instructor to student ratio establishes a class environment where the 6<sup>th</sup> grade students are guided and supported in their transition to the middle school while participating in a structured curriculum that emphasizes team building and an intentional expansion to sports related movement and fitness.

### **Interscholastic Sports**

Sixth graders are encouraged to participate in after school athletic teams. Our sixth grade teams compete in the South Coast Middle School League (SCMSL) along with other small independent schools in North San Diego County. There are three seasons of sport in SCMSL:

Fall: Coed Flag Football

Winter: Boys' Basketball

Spring: Girls Basketball and Coed Tennis

### **Grades Seven and Eight**

The 7<sup>th</sup> and 8<sup>th</sup> grade program provides for flexibility in student participation. The academic year for 7<sup>th</sup> and 8<sup>th</sup> graders is divided into three seasons. During these three seasons, students have the option of competing in interscholastic team sports or enrolling in PE. The PE curriculum is a fitness based program where students learn and execute foundational strength and conditioning routines. This includes fitness room and field training sessions.

### **Interscholastic Sports**

7<sup>th</sup> and 8<sup>th</sup> graders are encouraged to participate on athletic teams. Our 7<sup>th</sup> and 8<sup>th</sup> grade teams compete in the South Coast Middle School League (SCMSL) along with other small independent schools in North San Diego County. Practices are held during the Sports / PE period and all games are played after school. There are three seasons of sport in SCMSL:

Fall: Coed Flag Football, Girls Volleyball, Cross-country

Winter: Boys' Basketball, Girls Soccer, Boys soccer

Spring: Girls Basketball and Coed Tennis