



Liberty Middle School

Physical Education Department Virtual Syllabus

2020-2021

Coach Flippo

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Activities are based upon the 2019 Alabama Course of Study for Physical Education.

Purpose:

The purpose of physical education is to develop competence in physical fitness, team sports, recreational sports, interactive behavior and participation to facilitate continued lifelong fitness for a healthy-active future.

Physical Education Courses:

- Outdoor Recreational and Team Sports
- Indoor Recreational and Team Sports
- Strength & Conditioning
- Fitness & Aerobics

Expectations:

Log into Schoology daily and submit daily assignments. Daily participation and Wednesday discussion board is required. Have fun, and if you have any questions please email Coach Flippo.

Weekly Schedule:

Monday: Tabata/Circuit Training/CrossFit Workout Assignment

Tuesday: Live Instruction/Video Link with Workout Assignment

Wednesday: Workout Assignment & Discussion Board Post

Thursday: Live Instruction/Video Link with Workout Assignment

Friday: Mile Run Assignment

Grading:

You will have two grades per week. One grade will serve as your participation grade. Please make sure that you send in your assignment each day to receive your participation grade. Your participation grade will be a total of 20 points per day, adding up to 100 points per week. The second grade will be your participation in the discussion board post each Wednesday. You must submit your answer into the discussion board in order to get your 100 points. Total possible points per week will equal 200.

Doctor's Notes:

If you are unable to participate due to an injury please send your doctor's note to Coach Flippo's email. If you are unable to participate due to illness please send your doctor's note or parent note through email as well. A parent note will only be accepted for three days, on day four you must provide a doctor's note.