Syllabus 2016 Advanced basketball PE Elective



Mr. Patrick, MR. P, Coach Patrick, Coach P PE Teacher also assistant football coach Assistant softball coach Kpatrick@waterbury.k12.ct.us

We will have a fun energetic year that consist of many different sports and activities that will be competed with teamwork and respect and done in a safe manner to produce student improvement outside of education.

## **Objectives:**

Students will be able to successfully learn different types of team sport activities and how to be physically active in their future lives.

Students will be able to understand the history, rules, cues and strategies to each unit or main sport and will be assessed by a unit quiz.

Students will be able to successfully build relationships with other classmates and teammates and will work together with respect and communication to complete the unit.

### What we will cover

Advanced basketball:

**Fitness testing** 

- Dribbling Moving without the ball
- Passing Shooting while moving
- Shooting Off Strategies
- Free throws Def Strategies
- Math % Full court games
- Biography Project, Handling Money Project

Schedule:

Advanced basketball:

We will play basketball the whole year. BUT WE WILL NOT JUST BE PLAYING GAMES. We will start with dribbling and move on forward with the other skills. I will though let you guys play half court games when I choose if the participation and behavior is great. There will be quizzes throughout after every

PE Elective

**Fitness testing** 

SoccerBasketballHandballFloor hockeyVolleyballFlag footballTennisPickle BallCoop GamesBadminton crazyball4 way volleyballDiamond SportsUltimate frisbee

skill. Their will be days where will not play basketball to break up the units. We will also be working on our math skills with different projects and activities. Not just playing games the whole year!

## PE Elective:

We will have about 2-3 week units that will consist of history, rules, skills and then gameplay. They will all be done in a safe manner and constructed appropriately. All quizzes will be given at the end of the unit.

# Grading

### Assessments 60%

This includes any unit quiz, any exit slip or evaluation that will help them critically think on what they learned in that lesson or that specific class.

## Class Work 20%

This includes participating in physical education , listening to directions and applying your skills and knowledge to the specific skill the teacher is instructing that day.

### Learning toward disposition 10%

This includes showing the proper effort in physical education and having a postivie attitude every day you enter the class.

### Homework 10%

For example (read an article on a specific unit) or review a video on a certain lesson or skill we are learning.

To get a great grade in physical education you must do well in all aspects above but this cannot be accomplished without participation.

### **PE Attire**

PE Attire is shorts and a t shirt including sneakers. There is no boots, slip on sect for physical education. After physical education students must put their dress code attire back on.

By signing below I agree with all the terms above including the units and skills that will be taught, the grading scheme and how I should be acting in physical education class.



Health Syllabus 2016 Mr. Patrick Kpatrick@waterbury.k12.ct.us

Students will demonstrate knowledge, skills, and strategies related to mental and emotional health to enhance self-concept and relationships with others.

## **Objectives:**

Students will be able to successfully write their own goals to build self-concept and will understand the physique of the body and how to live a healthy lifestyle.

Students will be able to understand the importance of health and in the future after high school understand how to live a healthier lifestyle.

Students will be able to communicate with others and build relationships that will help them understand how self-concept relates to interactions with others.

### The units that will be covered:

- Depression, suicide, stress
- Nutrition
- Tobacco
- Alcohol
- Drugs
- Sex Ed
- Conflict resolution
- Anti Bullying
- Mental Health
- Body Systems
- Decision Making
- Self Esteem

### Grading:

#### Assessments 60%

This includes any unit quiz, any exit slip or evaluation that will help them critically think on what they learned in that lesson or that specific class.

### Class Work 20%

This includes any work that is done in class. This is a major area in health as we will be doing many fun lessons in the classroom this year.

### Learning toward disposition 10%

This includes showing the proper effort and a positive attitude every day you walk into the health room. This also includes participating in class and class work.

### Homework 10%

Any homework that is given out must be brought back the next day and will be 10% toward your final grade.

By signing the bottom I agree to the syllabus and understand the concepts of Mr. Patricks health class

