

COURSE OVERVIEW

Physical Education/Abbey Cowen

TITLE OF COURSE	ESSENTIAL PHYSICAL EDUCATION
TEACHER'S NAME	Abbey Cowen <ul style="list-style-type: none"> Gymnasium Phone 591-5486 acowen@carman.k12.mi.us
Course Information	<ul style="list-style-type: none"> One semester course for one full academic credit in Physical Education Course is most often taken as a Freshman or Sophomore
Teacher Information	<ul style="list-style-type: none"> Bachelor of Science Degree – Eastern Michigan University (2003) Major – Physical Education, Minor – Health Teacher in the Carman-Ainsworth School District since (2007) Girls Swim Coach since 2008
Prerequisite(s)	<ul style="list-style-type: none"> None
Course Description and Overview of Content	<ul style="list-style-type: none"> This one-year required class will consist of activities relating to team and individual sports divided up into three-week units. These activities will include but are not limited to: soccer, flickerball, basketball, volleyball, softball, floor hockey, etc. Individual activities such as badminton, jump rope, swimming, physical conditioning, and paddleball will also be included.
Course Goal/ Intended Outcomes	<ul style="list-style-type: none"> This course is designed to help each student experience and understand the importance of participating in different physical activities throughout their life. Students will demonstrate competence <i>and</i> be able to apply rules and strategies in team and individual sports and/or activities.
Texts and/ or Other Materials	Textbooks <ul style="list-style-type: none"> Text – None Students will need tennis/athletic shoes, shorts or sweat pants, t-shirts or sweatshirts, and socks (students need to wear something other than what they are wearing to school). Sandals, flip-flops, and backless shoes are not allowed. Lock for locker
Format and Activities	<ul style="list-style-type: none"> Class sessions are structured to give all students information, practice time, repetition, feedback, and performance in the activity. Students are assigned squads for roll and warm-up. An explanation of the day's activity, rules, etc. will be given at that time. Students must wear an appropriate change of clothes to be given credit for the day. They must wear proper bathing attire and have a towel for the swimming

	<p>unit. Students are evaluated on their effort and improvement from the beginning of the unit until the end.</p>																								
Grading Practices and Procedures	<ul style="list-style-type: none"> Grading will be based on an overall point system. Students must earn <u>at least 60%</u> of the total number of points given to pass. 10 points are possible each day for being on time, dressed appropriately for movement, and participating in class. Absences can be excused with a note of phone call from a parent or guardian. Completing an article summary sheet obtained online for the full 10 points can make up an excused absence. Additional class points are also be added from written tests and/or performance tests, quizzes, and written assignments/papers. GRADING SCALE: <table> <tr><td>100-95</td><td>A</td></tr> <tr><td>94-90</td><td>A-</td></tr> <tr><td>89-87</td><td>B+</td></tr> <tr><td>86-83</td><td>B</td></tr> <tr><td>82-80</td><td>B-</td></tr> <tr><td>79-77</td><td>C+</td></tr> <tr><td>76-73</td><td>C</td></tr> <tr><td>72-70</td><td>C-</td></tr> <tr><td>69-67</td><td>D+</td></tr> <tr><td>66-63</td><td>D</td></tr> <tr><td>62-60</td><td>D-</td></tr> <tr><td>59-0</td><td>Failing</td></tr> </table> 	100-95	A	94-90	A-	89-87	B+	86-83	B	82-80	B-	79-77	C+	76-73	C	72-70	C-	69-67	D+	66-63	D	62-60	D-	59-0	Failing
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Attendance/Tardiness	<ul style="list-style-type: none"> Tardiness will be handled according to the student handbook. Tardiness will result in -3 points for the first four, -6 points for the second four, and -10 points for any exceeding eight. Leaving class early will result in -20 points and a referral to the office for skipping class. It is the parent's responsibility to call into my office (591-5556 – Ms. Cowen) to explain their child's absence. It is the student's responsibility to check with classmates for notes and retrieve any make-up work from the teacher after an absence. The student is allowed the number of days absent plus one to complete make-up work for an excused absence. 																								
Classroom Rules and Procedures	<p>CLASSROOM EXPECTATIONS:</p> <ul style="list-style-type: none"> Students are expected to comply with the C-A code of conduct as outlined in the Student Handbook. Referrals are given and points are deducted for unsportsmanlike behavior, disrespectfulness, disruptive or unsafe behavior, and improper language. 																								
Academic Integrity	<ul style="list-style-type: none"> Plagiarism or cheating will result in loss of credit for that assignment. Continued problems may result in loss of credit for the course. 																								

Technology Usage	<ul style="list-style-type: none"> Students need a signed AUP form on file in the media center in order to access the internet.
Other Comments	<ul style="list-style-type: none"> Upon review, this document may change