

# Individual Sports

## **Teacher Information**

Name: Mr. Hershberger

Mailbox: Main Office

Email: jhershberger@northfork.k12.oh.us

Prep Period:

## **Course Description**

This course is designed to develop and enhance your overall fitness and activity levels, and to equip you with the knowledge needed to live a physically active lifestyle, through individual sports. This course encourages students to pursue a variety of sports and physical activities, in order to prepare them to live healthy, productive, and physically active lives. This physical education course is based on the five standards for Physical Education set by the Ohio Department of Education. Those standards are:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

The curriculum for this course will hopefully give you a positive outlook on being physically active, promote your self-esteem, and open you up to new opportunities and ways to be more physically active.

## **Daily Routine**

1. Come into the gym, look at white board to see what we are doing that day.
2. Get dressed (you have 4 minutes from the time the tardy bell rings)
3. Start the warm up, which will be written on the white board.
4. Dynamic stretching as a class
5. Main activity
6. Get dressed (4-6 minutes)

## **Workout Wednesdays**

Every Wednesday, we will do a different type of workout. These workouts range from weight lifting, going to the fitness center to use cardio equipment, circuit training, running on the track and other various types of workouts. Student suggestions for different workouts are encouraged.

### Absences:

If you are absent, you are responsible for making up any work you might have missed. I will not seek you out. It is YOUR responsibility to reach out to me and find out if there is make up work for you. You will not lose points for being absent, UNLESS you have exceeded the allowance of unexcused absences for the semester, or are on an out of school suspension. In either of those two cases, you will receive a zero each day you miss.

### Required Supplies

1. **Appropriate clothing: tennis shoes, sweat pants, athletic pants (not leggings unless covered by shorts), t-shirt, sweatshirt, hoodie.**
2. **iPad- you will be notified in advance when you need to bring this with you**
3. **Pencils**

### Grades

Participation 7 pts a day  
(Warm-up - 1 pt., stretch - 1 pt., main activity - 5 pts.)  
Dress 3 pts a day  
(Shirt - 1pt, shorts/pants - 1pt, shoes - 1 pt.)

#### Grading Scale

90 - 100	A
80 - 89	B
70 - 79	C
60 - 69	D
0 - 59	F

Skill Assessments (**Standard 1**) 10 pts. Per unit

#### Written Assignments

- Physical Activity Log and Plan 50 pts  
(**Standard 3A**)
- Fitness Plan Assessment 50 pts  
(**Standard 3B**)
- Physical Activity Poster / PowerPoint 50 points  
(**Standard 5**)
- Exam Study Guide 42 pts
- Pre-Test (on ProgressBook) Not for Grade
- Post-Test (on ProgressBook) 50 points (1/2 of semester exam grade)  
(**Standard 2**)

#### Fitness Assessments (**Standard 4**)

- Pre-Test (not for a grade)
- Post - Test 50 points (1/2 of semester exam grade)

### Classroom Conduct

- Be dressed appropriately and ready to participate
- Show proper respect for yourself, your classmates and teachers, the equipment, and the facility
- Help with setting up, moving and taking down equipment as directed by the teacher
- Take the responsibility for completing make-up work and quizzes when absent from class
- **Be open to trying new activities, learn new skills, and gain knowledge**
- Always display good sportsmanship and use appropriate behavior and language

- Absolutely no gum, food, or candy. You may bring a water bottle to class
- **Any sign of bullying will not be tolerated. Bullying will result in a 0 for the day and for everyday that follows if the behavior continues. The disciplinary actions will be followed as they are laid out in the student handbook.**
- Training room and equipment closet is off limits to students, unless given permission by the teacher

### Cell Phone Use

THERE IS NO CELL PHONE USE IN INDIVIDUAL SPORTS

**1<sup>st</sup> Warning- you put it away**

**2<sup>nd</sup> Time- I take it for that period**

**3<sup>rd</sup> Time- It goes to the office for the rest of the day**

**4<sup>th</sup> Time- You go to the office**

Week	Unit	Topic	Assessment	Points
1 8/21 - 8/25	Managerial Tasks / Game Play / Pre- Assessments	Syllabus, Rules, Routine, Safety procedures Pre-Tests Various Games	- Multiple Choice pre- test ( <b>ON iPad</b> ) - Fitness Pre-Tests - Participation	/50
2 8/28 - 9/1	Fitness Plan	Evaluating Your Fitness Level / Setting Goals	Fitness Plan Assessment	/50
	Golf	Skills /safety/ Gameplay	-Participation	/50
3 9/5 - 9/8 4 days	Golf	Skills, Tactics, Gameplay	-Participation  -Skill assessment	/40  /10
4 9/11 - 9/15	Frisbee Golf	Skills, tactics, gameplay	-Skill assessment  -Participation	/10  /50
5 9/18 - 9/22	Track and Field	Events, skills, simulated track meet	-Skill Assessment  -Participation	/10  /50
6 9/25 - 9/29	Bocce Ball and Croquet	Skills, Tactics, gameplay	-Skill Assessment  -Participation	/10  /50
7 10/2 - 10/6	Yard Games	Skills, Tactics, gameplay	-Skill assessment  -Participation	/10  /50

Week	Unit	Topic	Assessment	Points
	Physical Activity Recall and Plan	Daily physical activity time, evaluating physical activity level	Physical Activity Recall and Plan Assignment Given	
8 10/9 - 10/13	Hiking / Orienteering	Safety, technique, preparation, map and compass reading	-Skill Assessment -Participation  Physical Activity Recall and Plan Assignment Due	/10 /50  /50 (9 weeks exam grade)
9 10/16 - 10/19 (4 Days, End of 1 <sup>st</sup> 9 weeks)	Assorted Games		Participation	/40
10 10/23 - 10/27	Weight Lifting	Safety, technique, basic lifting principles	-Participation	/50
11 10/30 - 11/3	Weight Lifting	Safety, technique, basic lifting principles	-Participation -Skill assessment	/50 /10
12 11/6 - 11/9 (4 days)	Basketball (Individual skill practice and shooting games)	Skills/ Tactics, Gameplay	-Fundamental Skill Assessment -Participation	/25 /40
13 11/13 - 11/17	Basketball (1 on 1 and shooting games)	Gameplay	-Participation	/50
14 11/20 - 11/21 (Thanksgiving)	Assorted Games	Skill/Tactics, rules, gameplay	Participation	/20
15 11/28 - 12/1 (4 days)	- Advocating for Physical Activity - Badminton	Skills/tacitcs/Gameplay	- Advocacy Project - Participation	/100 /40
16 12/4 - 12/8	Badminton	Gameplay	Participation	/50

Week	Unit	Topic	Assessment	Points
17 12/11 - 12/15	Pickle Ball	Skills/Gameplay	Participation	/50
18 12/18 - 12/20 Exam Week (3 Days)	Fitness Tests and End of course exam (post-test)		- Participation  -Post-test (50% of exam) -Fitness Tests (50% of exam)	/30  /50  /50
19 1/3 - 1/5 (3 Days)	Pickle Ball	Gameplay	Participation	/30
20 1/8 - 1/11 (4 Days, End of Semester)	Review Games		Participation	/40