

# **Physical *Education* Expectations & Information**

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## **Physical Education Philosophy:**

Physical Education is an important part of the total educational program. Physical Education classes are designed to practice and develop skills in activities that will help students maintain fitness throughout their lives. Students will be introduced to life-long activities designed to increase their likelihood of exercising in the future. Students participate in physical education activities that develop awareness of personal physical abilities, as well as, respect for the skills of others. Students become aware of the social, emotional and physical benefits of physical activity throughout their lives as they take part in a well-rounded physical education program. Students become aware of the social benefits of physical activity through participation. The mental and emotional benefits of physical activity becomes evident when an active role in physical activity is encouraged.

All students have the need and right to enjoy the benefits of physical activity. Through a creative and well-rounded physical education program, students will benefit. Examples of these activities include but are not limited to:

- **Health Related Fitness-** Aerobic, Strength, and Flexibility Activities
- **Net/Wall Games-** Pickleball, Tennis, Badminton
- **Target Games-** Bowling, Frisbee
- **Invasion Games-** Basketball, Soccer, Team Handball, Lacrosse
- **Striking/Fielding Games-** Base Games
- **Rhythmic Activities-** Jump Rope, Dance, Aerobic Videos
- **Initiatives/Problem Solving/Team Building Activities**

## **Course Objectives**

- Help students develop a lifelong interest in recreational activities and sports.
- Promote acceptable standards of social attitudes, good sportsmanship and behavior.
- Help students to develop useful leisure time recreational skills.
- Help students to achieve and maintain a higher level of physical efficiency and fitness.

## **Materials needed for this course:**

- Students are **REQUIRED** to be prepared for class each day by having a change of clothes.
- Appropriate clothes include: shorts, t-shirt, sweatshirt, and tennis shoes.

## **GRADING**

Each day students can earn 10 points for participating in class. All grades will be posted in Infinite Campus for your reference. Points will be deducted if class expectations are not met. Deduction examples include: poor attitude, lack of participation, not following directions, poor sportsmanship, not using a pedometer, or not being a Leader/Learner etc.

### **I am a Leader = 5 Points**

- I will listen to and follow the directions given during class.
- I will be respectful of peers, teachers and themselves.
- I will respect the equipment and only use it for its intended purpose.
- I will listen to the opinions and ideas of my classmate
- I will help fellow classmates when they need help
- I will give feedback to the teacher and classmates when it is asked
- When heading outside, I will follow teacher's directions
- I will be aware of my surroundings and others while participating during activity
- I will be safe during class making sure to not chew gum, use cough drops or any other choking hazards during class.

### **I am a Learner = 5 Points**

- I will be on time and seated at their roll call spots at the start of class.
- I will give their best effort while participating to the best of their abilities
- I will be responsible to know the rules and strategies of activities presented during class for homework and end of unit quizzes.
- I will give their best effort when filling out their fitness journal
- I will cooperate and help each other learn
- I will be in control of their body while moving around the gym
- I will give my best effort during the warmup and activity of the day.
- I will wear and load my pedometer everyday.