

Physical Education Syllabus

PHYSICAL EDUCATION 9-10

This course will present a variety of individual and team sports with which students will be given opportunity to achieve success and develop skills commensurate with their ability and desire to learn. Through participation in these activities, stress will be afforded to areas such as leadership, sportsmanship, emotional and physical maturation that can carry over into adult recreational activities and lead to successful social experiences.

PHYSICAL EDUCATION 11-12

In this course our focus begins to shift away from traditional team sports and the emphasis moves toward recreational activities. Time will be spent on using mature skills and movement patterns as a means to engage in competitive activities, as well as beginning to look at ways activity and fitness can be enjoyed throughout a lifetime. The students will experience new activities that can be done in leisure and be asked to take responsibility for their future fitness goals.

Strength and Conditioning I, II

This course will discuss goal-setting, theory, and practice of periodization training in regards to development of muscular strength and endurance, agility, cardiorespiratory endurance, speed development, and other aspects of exercise that relate to sport. Topics of discussion will include: energy systems of the body, physiology of movement, optimizing performance in sports, plyometrics, etc.

Class Preparation

- Shorts or Sweats – No jean shorts
- Shirt or sweatshirt – NO tank tops, or cut offs.
- Jewelry: no large hoop earrings or necklaces or bracelets.
- Socks and non-marking tennis shoes must be worn – no sandals
- Failure to dress will result in being sent to the office, four days of not changing will lead to removal from the class, with no credit.

Participation

- Playing and dressing daily, doing exercises correctly and energetically, playing a full class period and playing with desire to excel. Also each student should have knowledge of the rules and strategies for each activity and should take good care of equipment and personal belongings.

Attitude

- Attitude is EVERYTHING! Each student should maintain good conduct, display courtesy and respect towards teachers, peers, handle routine class with regularity and effort, avoid horseplay and swearing.

Sportsmanship

- Each student should play the game fairly, abiding by the rules, being a team player will go a long way.

Grading

- Each student will start with four points a day. Then using the criteria (preparation, participation, attitude, and sportsmanship) a student may lose or gain points. The points remaining to the student's credit at the end of the quarter determine the final grade.
- Absent – lose 4 points unless make up work is completed.
- No Gym Clothes lose 4 points – no makeup work accepted, sent to office
- Tardy – lose 1 point. Must be in the gym when the bell rings
- Each quarter there will also be a written assignment worth 10 points

Testing

- At the end of each quarter there will be a test from each unit completed during that quarter.
- Semester exam will also be given unless exempt, semester exam will be cumulative from both quarters and will be a written test.

Injuries/Illness

- If you are injured or ill, a parent or guardian note may last up to 3 consecutive days, anything last longer than that must have a doctor's or trainer's note with signature

Make up Work

- If you miss a class there will be opportunity to make it up.
- 30 minute workout before or after school will make up one class period
- Article summary on a sports or health related article, article and a full page summary must be turned

Expectations and Objectives

- I expect each student to be on time and ready to participate in physical education.
- I expect each student to display a high level of respect to everyone in class.
- I expect each of you to dress daily, if not dressed for class you will be sent to the office and you will lose your daily points.
- I expect each student to complete tasks such as homework, tests, fitness testing.