

Physical Education Course Syllabus

2018-2019

Teachers: Mr. Clark, Mrs. Sutphin, Mr. Smolinski, Mrs. Stankus, Ms. Szwed, Mr. Witte, Mrs. Young, Mr. Keimig, Mr. Richards

Subject: Physical Education

Length: 3 Quarters

Goals:

- Students will Pass or show improvement in all Fitness Tests throughout the year.
- Students will be exposed to several different athletic activities and attempt the skills required of each sport, performance, or exercise.

Assessment:

Students will be assessed on participation, responsibility, sportsmanship, effort, and skills.

Required Supplies:

P.E. Shirt, P.E. Shorts, and tie sneakers

Units:

<i>Units</i>	<i>Quarter</i>	<i>Skills</i>	<i>Assessments</i>
Fitness Testing, Flag Football, Soccer, Speedball, Field Hockey, Tchoukball, and Ultimate	<i>1st Quarter</i>	Football: Throwing, Catching, Flag ‘tackling’, Basic Rules, Basic Positions Soccer: Passing, Dribbling, Shooting, Positions, Basic Rules Speedball: Punting, Kicking, Throwing, Catching, Agility (Dodging) Field Hockey: Passing, Dribbling, Shooting, Positions, Basic Rules Tchoukball: Throwing, Catching, Defense, Basic Rules Ultimate: Forehand, Backhand, Catching, Basic Rules, Spirit of the Game	Observation Skills Tests Participation Rubric Effort Rubric
Handball, Basketball, Fitness, and Four Square	<i>2nd Quarter</i>	Handball: Catching, Throwing, Goal Keeping, Basic Rules Basketball: Shooting, Passing, Catching, Dribbling, Defensive Positioning, Basic Rules Four Square: Basic Rules, Serving, Passing Fitness: Yoga, Personalized Fitness, Flexibility, Weight Training, Teamwork	Observation Skills Tests Participation Rubric Effort Rubric

Fitness, Dance, Volleyball, Weight Training and Cardiovascular Fitness	3rd Quarter	Fitness: Muscular Strength, Muscular Endurance, Flexibility, Cardiovascular Endurance Dance: Line Dancing, Group Dancing, Cultural Dancing Volleyball: Bump, Set, Spike, Basic Rules	Observation Skills Tests Participation Rubric Effort Rubric
Base Games, Lacrosse, Fitness Testing, Soccer, Flag Football, Field Hockey, and Ultimate	4th Quarter	Base Games: Basic Rules, Catching, Throwing, Basic Strategy, Hitting Lacrosse: Cradling, Passing, Catching, Shooting, Basic Rules, Basic Positions Football: Throwing, Catching, Basic Rules, Basic Positions Soccer: Passing, Dribbling, Shooting, Positions, Basic Rules Speedball: Punting, Kicking, Throwing, Catching, Agility (Dodging) Field Hockey: Passing, Dribbling, Shooting, Positions, Basic Rules Ultimate: Forehand, Backhand, Catching, Basic Rules, Spirit of the Game	Observation Skills Tests Participation Rubric Effort Rubric

***Fridays: Students will focus on one of these four fitness components: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, or Flexibility.**

Determination of Grades:

Participation: Observation, Pedometers, Discussion Questions (25%)
 Effort: Observation, Heart Rate Monitors/Checks, Improvement (25%)
 Responsibility: Following Directions, Informal Improvement Plan Goals (10%)
 Skills: Observation, Skills Tests (20%)
 Sportsmanship: Observation, Rubrics, Character Education (20%)

- **The grading scale as per PIP 20-5.150**

GRADING SCALE			
Letter Grade	Percentages	Quality Points	AP & IB Quality Points
A	90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100	4.0	5.0
B+	87, 88, 89	3.5	4.5
B	80, 81, 82, 83, 84, 85, 86	3.0	4.0
C+	77, 78, 79	2.5	3.5
C	70, 71, 72, 73, 74, 75, 76	2.0	3.0
D+	67, 68, 69	1.5	2.5
D	60, 61, 62, 63, 64, 65, 66	1.0	2.0
E	0 – 59	0.0	0.0

Per APS PIP 20-5.150:

- o Student grades reflect student achievement and not disciplinary issues.
- o Quarterly grades will round up when the percentage is .5 or higher”
- o In addition to achievement, work habits as noted in the report card comments will be evaluated for each course using the following rating scale:
 - Surpasses Expectations
 - Meets Expectations
 - Approaching Expectations
 - Needs Improvement”
- o “The final grade is required to be calculated using the quality points and not percentages, letter grades, number or point systems”
- o See PIP 20-5.510 for other guidance on syllabus items.

• ***Expectations:***

- o Be prompt, be prepared (which means changing into P.E. clothes with appropriate footwear), be polite, be productive, be accountable, and enjoy yourself.
- o Being active is inherently fun.

Parent or Guardian Signature

Student Signature

Administrator Signature

Date