



PHYSICAL EDUCATION COURSE SYLLABI, POLICIES AND PROCEDURES 2016 – 2017

WHY PHYSICAL EDUCATION?

National Standards for Physical Education

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

CORE IDEA – The healthy, physically active student will be more academically motivated, alert, and successful throughout their lifetime.

COURSE CONTENT – Physical Education provides students with activities and information needed to live a healthy and meaningful life. Students can expect to achieve these goals through a combination of individual and group learning experiences.

CONTENT, OBJECTIVES AND EXPECTATIONS – With successful completion of Physical Education, students will be able to demonstrate an increased understanding of Muscular Strength, Muscular Endurance, Flexibility, Cardiovascular Endurance, Body Composition, Coordination, Citizenship, Sportsmanship, Safety, Body-Brain Connection, Academic Achievement, Balance, Agility, and Lifetime Participation

CLASS EXPECTATIONS –

CLASS WORK GRADING RUBRIC - *To earn an “A” in Physical Education*

Points	Grade Equivalent	Criteria
3	100	<ul style="list-style-type: none"> • Excellent effort and attitude • Full Participation • Changed • On time, follows department procedures
2	85	<ul style="list-style-type: none"> • Sufficient effort and attitude • Full Participation • Changed • On time, follows department procedures
1	50	<ul style="list-style-type: none"> • Insufficient effort and attitude • Minimum Participation • Not Changed • On time, follows department procedures
0	0	<ul style="list-style-type: none"> • Insufficient effort and attitude • No Participation • Not Changed • Does not follow department procedures

DISTRIBUTION AND EXPLANATION – FORMATIVE CLASS WORK – 40% - SUMMATIVE ASSESSMENT OF CLASSWORK 40%- ASSESSMENT – 20%

- Attendance and Tardy Arrival
 - o Attendance will be taken at the beginning of each class; a student is tardy if they arrive unexcused after attendance has been taken.
- Dress Code
 - o Students must change into clothing appropriate for the activity they are participating in.
 - T-shirts, sweatshirts, shorts, and sweatpants are acceptable (flip flops in the pool area, locker area only)
 - Jeans, pants other than sweatpants, street shoes, boots, sandals, flip flops are not appropriate physical education attire.
 - Only those students properly dressed will be allowed to participate.
- Medicals
 - o A doctor’s note must be presented for medical excuse from physical education
 - o Students with a temporary medical excuse will be assigned a project to be completed and evaluated by their teacher.
 - o Students with long term medical excuses must meet with their guidance counselor.
- Make-Up Policy
 - o It is up to each student to make arrangements with their teacher to make up time missed as a result of an excused absence.
- Quarterly Assessments
 - o Quarterly Assessments will be explained in detail by your teacher. A variety/combination of assessments may be used. They may include but are not limited to -
 - Written Assessment completed during a scheduled assessment time
 - Cumulative portfolio
 - Class project