

PHYSICAL EDUCATION

Grade: 9- 12

Length of Course: Two Semesters Every Year (State Requirement)

Prerequisite: None

CURRICULUM STANDARDS:

1. Uses a variety of basic and advanced movement forms.
2. Uses movement concepts and principles in the development of motor skills.
3. Understands the benefits and costs associated with participation in physical activity.

CURRICULUM BENCHMARKS:

1. Uses advanced sport specific skills in selected physical activities.
2. Uses skills in complex rather than modified versions of physical activities.
3. Understands biomechanical concepts that govern different types of movement.
4. Understands how sport psychology affects the performance of physical activities.
5. Understands the physiological principles governing fitness maintenance and improvement.
6. Uses offensive and defensive strategies and appropriate rules for sport and other physical activities.
7. Understands factors that impact the ability to participate in physical activity.
8. Understands how various factors affect physical activity preferences and participation.

COURSE DESCRIPTION:

The students will experience a wide variety of activities and exercises, helping them to understand the importance of good health and being physically fit. They will become aware of the fact that getting in shape can be a fun process, if approached properly. The students will take with them skills for a number of lifetime activities that can become the basis of personal recreation when they are on their own.

The rules of each individual and team activity are to be learned, and techniques to master the game are stressed. Tournaments are held in some instances, but winning is not emphasized. A partial list of activities include: archery, flag football, ultimate, badminton, golf, step aerobics, horseshoes, volleyball, softball, floor hockey, lacrosse, gatorball, basketball, pickleball, soccer, weight training, table tennis, and shuffleboard.

STUDENTS ARE EXPECTED TO:

1. Adhere to the guidelines of good sportsmanship and cooperation.
2. Interact socially and have respect for one another in the coed classes.
3. Attend all sessions, as state requirements dictate this.
4. Wear appropriate clothing, which includes shorts or sweats, a T-shirt or sweatshirt, appropriate shoes for inside or out, and socks. [Guidelines for appropriate sayings or slogans for student wear must be followed.]

5. Bring clothing for PE class separate from what they are wearing to school.
6. Participate in all activities, unless excused by a doctor's note.
7. Maintain a positive mental attitude, fully participate in all activities, and give an honest effort.

EVALUATION:

The students will start with 0 points when each quarter starts, and they may earn up to 10 points each day, which over the course of nine weeks, will determine their grade for the quarter. If a student does miss a class, that class will have to be made up by attending a 7:35 am makeup class held once a week. Students must make up these absences to pass this course. School field trips do not have to be made up, and if the student has a prolonged illness with the appropriate doctor's note, the student will not have to make these days up either. Classes meet every third day.

TEACHER'S INSTRUCTIONAL METHODS:

The major emphasizes on activity and participation. Demonstration and short rules presentations are the main instructional methods. Handouts are used for some sports, especially when safety is a concern. Trial and error is a key component in the student's mastery of the activity.