

Clyde C. Miller Career Academy High School
Every Student, Career and College Ready!



BASIC PHYSICAL EDUCATION AND SPORTS ACTIVITY
COURSE SYLLABUS
2017-2018

INSTRUCTORS:

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COURSE DESCRIPTION:

Welcome to Physical Education at Clyde C. Miller Career Academy High School. The goal of our program is to promote lifelong physical activity. To accomplish this goal we will work to create and maintain an active environment in which students will acquire the knowledge and skills necessary to live a healthy lifestyle. In order to be successful, students are required to dress appropriately, actively participate, and master the basic skills that are being taught. We will introduce a wide variety of indoor and outdoor team sports that students may, or may not have been exposed to. Even if a student has not been introduced to the sport that we are playing they are still expected to learn the rules and skills associated with playing that particular sport. This can usually be accomplished simply by attending class daily and participating. Students will have to pass several written and skills test, in addition to the Missouri state physical fitness exam. Most importantly, students taking this course will have FUN!!! We emphasize having fun because our philosophy states that when they are having fun, work is not needed to complete a workout.

COURSE COMPETENCIES:

PSYCHOMOTOR OBJECTIVES:

The student will demonstrate proficiency or show improvement in:

- Gaining muscular endurance, strength, cardio respiratory, flexibility, agility, power, coordination, speed and balance.
- Acquisition of throwing, catching, kicking, striking, rolling, dribbling, shooting, passing and rebounding skills.
- Monitoring his/her heart rate.
- Finding his/her target heart zone.
- Assessing a resting and active heart rate.

AFFECTIVE OBJECTIVES:

The student will develop an appreciation of:

- Leadership, followership, & risk taking.
- The concept of team work and cooperation.
- The emotional and physical well being necessary to participate in any sport, game, or activity.
- Fitness as a part of one's lifestyle.
- Individual skills of self and others.

COGNITIVE OBJECTIVES:

The student will:

- Demonstrate an understanding of safe participation in fitness activities.
- Understand the components of fitness (muscular endurance, strength, cardio respiratory and flexibility).
- Determine fitness related activities that are available.
- Identify basic physiological principles involved in fitness, sport and physical activity
- Demonstrate knowledge of terminology, position, play situations and game strategies.

PHYSICAL EDUCATION MISSION AND GOALS:

The mission of the physical education program is to make students aware of life threatening illnesses (obesity, diabetes, etc.) that are caused by poor dieting and sedentary lifestyles. Student will apply their new knowledge and skills by encouraging others to join them in living a lifelong physical active lifestyle.

COURSE OUTLINE:

- Class expectations and procedures
- Volleyball
 - Skills
 - Rules
 - Game strategies
- Personal Fitness (Nutrition and the Muscular system)
- Softball
 - Skills
 - Rules
 - Game strategies
- Kickball
- Flag Football
 - Skills
 - Rules
 - Game strategies
- Soccer
 - Skills
 - Rules
 - Game strategies
- Floor Hockey
 - Skills
 - Rules
 - Game strategies
- Team Handball
- Basketball
 - Skills
 - Rules
 - Game strategies

ASSESSMENTS:

Each student will be formally assessed after each unit. The assessment will consist of written and skills test.

REQUIRED TEXTBOOKS/ RESOURCE MATERIALS

There is no textbook required for basic P.E. or Sport Activity classes.

REQUIRED SUPPLIES:

You will be expected to get the following supplies for class:

- T-shirt (no tanks)
- Athletic shorts or sweatpants
- Tennis shoes
- A notebook and writing utensil

CLASSROOM PROCEDURES

1. Upon entering the classroom students will go to their respective locker room and get dressed. They will have exactly 10 minutes to be dressed and in their assigned area. At this time attendance will be taken. Anyone not in their area will be marked absent/ tardy.
2. Next, they will complete the DO NOW listed on the board
3. Then, we will do our warm up and stretch routine
4. Finally, we will begin our lesson for the day.

*Cell phones, mp3 players and other electronics are not permitted during class.

****Students who leave class before being dismissed will lose their participation points for the day.**

CAREER ACADEMY P.E. EXPECTATIONS

All classes strive to prepare students for adult life by teaching skills and behaviors that will be valued in the workplace. The following expectations are stressed and graded in all P.E. classes. Your instructor will review these, provide instruction in all areas and answer any questions.

- ❖ **Attendance** – Be here on time each day, dressed appropriately
- ❖ **Respect** – Use appropriate language, be honest and truthful, be respectful of peers and adults
- ❖ **Safety** – Follow safety rules and procedures. Remember that safety is our #1 priority
- ❖ **Responsibility** – If you miss class or an assignment, it is **YOUR** responsibility to see the instructor about making it up.
- ❖ **Quality** – Focus on the task at hand and always do your best
- ❖ **Team** – Work as a productive team member in a variety of roles, communicate in a sensitive way, and practice good sportsmanship.

Grading Scale:

A.....90 – 100
B.....89 – 80
C.....79 – 70
D.....69 – 60
F.....59 – below

Quarter Grading Scale:

Do Now/ warm-up- 15%
Dressing out- 15%
Participation- 30%
Test- 50%

Semester Grading Scale:

45% - Quarter 1 or 3
45% - Quarter 2 or 4
10% - Semester Final Exam

GRADING POLICY:

Attendance, attire, and participation are all very important; therefore these components will be a vital part of your grade. The grading system is as follows:

- 4pts- ADVANCE: Students participate in all activities with full effort. Activities include DO-NOW, vocabulary, fitness and recreational activities. Students must perform all activities as instructed
- 3pts- PROFICIENT: Student participates in all activities but demonstrates full effort only in activities that they choose to do so. Examples: student does vocabulary but does not use complex sentences or a complete story line. A student participates in the fitness program but walks during the jog or skip portion. Student participates in the Vocabulary portion but fails to contribute to the activity.
- 2pts- ADEQUATE/AVERAGE: Students participate in all physical activities but fail to full effort in any of the activities described above.
- 1pt- NEEDS IMPROVEMENT: Student picks and chooses which activities they will participate in and chooses to sit out the other activities
- 0pts- INCOMPLETE: Student chooses not to participate in any of the physical education activities for that class period

ATTENDANCE

Students are expected to attend class regularly and on time. Regular attendance is essential for success in school and in life. It will be extremely hard to pass this class if you do not attend on a regular basis. Being on time is just as important so remember; if your tardy is unexcused you cannot make up your participation points for that day.

MAKE-UP WORK

In the event a student must miss school for an excused absence (Parent Excused, Medical, Field Trips, etc.), they will be allowed to complete and turn in their work in a timely fashion. It is the responsibility of the STUDENT to obtain any missed assignments and submit them within the same number of days as the absence (e.g. absent 2 days, work made up in 2 days). Participation points are lost due to absence. Students may be given alternative assignments to make up their lost participation points. However, some class experiences are limited and opportunities to repeat them are not available. Students that miss class due to in-school suspension or out of school suspension will also be responsible for submitting their make-up work to the instructor. In most, cases instructors will expect students to complete their work during suspension and submit upon returning to school. Upon receiving approval from an administrator, make-up work may be turned in within the same number of days as the absence (e.g. absent 2 days, work made up in 2 days). If you were absent due to a suspension, your participation points will be lost and cannot be made up.

ACADEMIC INTEGRITY/PLAGERISM

The integrity of the academic program and the evaluation of each student's achievement are of primary concern to educational institutions. Cheating on an educational exercise not only reflects dishonesty on the part of the student, but also diminishes the value of the work done by his/her classmates. Students who cheat or plagiarize (using another's words, ideas or writing as one's own) shall be subject to the following: referral to the disciplinarian; parent/guardian contacted; a zero recorded for the exercise; possible detention and/or suspension.