**High School Physical Education Syllabus**



**Course Overview:**

This Physical Education course aims to develop students' physical fitness, motor skills, knowledge of physical activity, and social behavior in sports and recreational activities. The course will cover a variety of physical activities including team sports, individual sports, fitness training, and lifetime recreational activities.

**Course Objectives:**

* Demonstrate competency in various motor skills and movement patterns.
* Understand and apply concepts, principles, strategies, and tactics related to movement and performance.
* Achieve and maintain a health-enhancing level of physical activity and fitness.
* Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
* Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

**Units of Study:**

1. **Introduction to Physical Education**
	* Rules and Procedures
	* Warm-up and Cool-down Techniques
	* Safety and Etiquette
2. **Team Sports**
	* Basketball
	* Volleyball
	* Soccer
	* Softball
	* Flag Football
3. **Individual and Dual Sports**
	* Tennis
	* Badminton
	* Track and Field Events
4. **Fitness and Conditioning**
	* Cardiovascular Endurance
	* Strength Training
	* Flexibility Exercises
	* Body Sculpting
5. **Personal Fitness**
	* Fitness Assessment and Goal Setting
	* Designing a Personal Fitness Plan
	* Nutrition and Wellness

**Assessment Methods:**

* Skill Demonstrations
* Written Tests on Rules, Strategies, and Fitness Concepts
* Fitness Assessments (e.g., Georgia Fitness Assessment)
* Participation and Effort
* Group Projects and Presentations

**Grading Scale:**

* Participation and Effort: 40%
* Skill Demonstrations: 30%
* Written Tests and Quizzes: 20%
* Fitness Assessments: 10%

**Classroom Expectations:**

* Arrive on time and prepared for class.
* Wear appropriate athletic attire.
* Participate actively and respectfully.
* Follow all safety guidelines.
* Show good sportsmanship and teamwork.

**Weekly Schedule Example:**

* **Monday:** Introduction to new unit, warm-up, skill practice
* **Tuesday:** Team sports game, cool-down
* **Wednesday:** Fitness training session, flexibility exercises
* **Thursday:** Individual or dual sports practice, skill drills
* **Friday:** Lifetime recreational activity, reflection, and goal setting

**Course Policies:**

* **Attendance:** Regular attendance is crucial for success in this course. Absences must be excused and makeup work is the student's responsibility.
* **Safety:** Safety is a top priority. Students must adhere to all safety protocols and use equipment properly.
* **Respect:** Respect for self, peers, and the instructor is always expected. Bullying or harassment will not be tolerated.
* **Effort:** Effort and participation are key components of the grade. Students are expected to give their best effort in all activities.