**Teacher:** M. Newton and K. Olive

**Class:** Physical Education Classes

**Location:** Gym

**Class Type:** Elective

**Credit:** ½ Credit

**Contact Information:** newtomy@boe.richmond.k12.ga.us and olivekr@boe.richmond.k12.ga.us

**Course Description**

Physical Education is a high school course for both boys and girls who wish to participate in physical activities that can generally be pursued throughout one’s lifetime. Students will learn rules and fundamental techniques for a variety of games. In addition, students will learn basic techniques and safety guidelines that should be followed when exercising. Emphasis in this class will be more on development of a spirit of cooperation and good sportsmanship than on a fostering sense of competition.

**Instructional Philosophy**

Our philosophy of education is that every child should have the right to learn and get a quality education. Every child that enters into the classroom should feel safe and comfortable. It would be an environment full of nurturing and enriching.

Individualized instruction is an integral strategy to aid children with different learning preferences. In order to meet individual challenges, lessons must be structured into learning modalities by incorporating auditory, kinesthetic, and visual techniques. Applying a variety of approaches to the learning process is equally important, Use of cooperative learning strategies, integration of technology into the classroom, as well as guided individual instruction are all necessary to provide an environment where children will use self-discovery and a hands-on approach to learning.

Learning is a means of assessment, assessment drives instruction. Assessment resembles good instruction when it occurs during typical learning activities. In order to facilitate learning I will involve students in the process of assessment by showing them rubrics of their work, giving them a self-check and self-evaluation exercise, and have them learn self-appraisal, This will help students develop the ability to judge their own accomplishment and to set goals for themselves.

Learning should be fun and exciting! Our classroom will be an inviting and safe place where children will feel comfortable.

**Course Rationale**

Because of the known health benefits associated with physical activity, it is important that students develop an understanding of the rules and fundamental techniques for games that can be played throughout one’s lifetime. Having basic knowledge of a variety of games will increase the likelihood that students will become lifetime participants in physical activity.

**Course Assessment Plan**

FITNESSGRAM

* FITNESSGRAM PowerPoint
* FITNESSGRAM PowerPoint Quiz
* Completing the FITNESSGRAM components

Strength Training

* Importance of Strength Training
* Fundamentals and Safety of Strength Training
* Practicing proper form in Strength Training

Basketball

* History of Basketball
* Rules of Basketball
* Playing a in a Basketball game

Volleyball

* History of Volleyball
* Rules of Volleyball
* Playing a in a Volleyball game

Ultimate Frisbee

* History of Ultimate Frisbee
* Rules of Ultimate Frisbee
* Playing a in a Ultimate game

Flag Football

* History of Flag Football
* Rules of Flag Football
* Playing a in a Flag Football game

Badminton/Ping Pong

* History of Badminton/Ping Pong
* Rules of Badminton/Ping Pong
* Playing in a Badminton/Ping Pong game

**Classroom Expectations**

Play Your Position (PYP)

* Your Position: Child, Student, and Learner
* My Position: Adult, Teacher, and Educator

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| --- | --- |
| **Classroom Rules** | **Consequences** |
| * No food, drink, or gum
* No passes out of the gym
* No cellphones in gym during class
* Students must follow ALL rules in the RCSS Student Handbook
* What we do depends on YOU!!!
 | * 1st Offense – Verbal Warning
* 2nd Offense – Parental Contact
* 3rd Offense – Department Detention
* 4th Offense – Office Referral
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**Classroom Routines**

|  |  |
| --- | --- |
| **Physical Education Weekly Plan** | **Daily Schedule** |
| Monday | Topic Monday | * Dressing Out
* Roll Call and Stretching
* Planned Activity
* Dressing In
 |
| Tuesday | Planned Activity |
| Wednesday | Cardio Wednesday |
| Thursday | Planned Activity |
| Friday | Planned Activity |

**Supplies and Materials Needed**

* Paper
* Pen or Pencil
* ½ or 1 inch binder and notebook paper
* Dress Out Clothes (following the RCSS dress guidelines)
* A willingness to learn

**Make-up Policy**

Upon a student’s return to school, they will have 5 days to turn in assignments missed during their absences.

**Grading Scale**

A: 90 – 100

B: 80 – 89

C: 75 – 79

D: 70 - 74

F: 0 – 69

**Return Bottom Portion Only With Signatures**

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Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_