**Teacher:** Coach Sammons

**Class:** Physical Education Classes

**Location:** Gym

**Class Type:** Graduation Requirement

**Credit:** ½ Credit

**Contact Information: sammoda@richmond.k12.ga.us**

**Course Description**

Physical Education is a high school course for both boys and girls 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 & activities. 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 is that every child has the right to earn a quality education in a safe and academically challenging environment.

To meet individual student needs, lessons will 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 in 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. To facilitate learning we 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 assist students in goal setting & develop their ability to evaluate their own level of accomplishment.

Learning should be fun & exciting! Our gym will be an inviting and engaging atmosphere where students will develop the necessary skills to be lifelong learners.

**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 & activities that can be played throughout one’s lifetime. Having basic knowledge of a variety of games & activities will increase the likelihood that students will become lifetime participants in physical activity.

**Course Units**

* Basketball
* Flag Football
* Volleyball
* Kickball
* Mental Health in Fitness (Yoga) & Social Health in Fitness (Board Games)
* Fitness Gram
* Dance Fitness
* Cardio Fitness
* Weight Lifting

\*\*Other areas of possible exploration: 4square, wiffleball, handball, ultimate frisbee, corn hole, slam ball, badminton, soccer\*\*

**Unit Format (3 weeks/unit)**

* Pre-Unit Self-Evaluation & Goals
* Mental health
* Unit Handout & Worksheet
* Daily Participation (ex: basketball skills/gameplay, football skills/gameplay)
* Knowledge (written) Assessment
* Skills (performance-based) Assessment
* Post-Unit Self-Evaluation & Reflection

**Classroom Expectations**

* **Be on time** – time is valuable!
* **Bring a positive attitude** – give your best effort, encourage others, congratulate others, and understand other’s differences.
* **Be prepared for class** – appropriate footwear, notes if needed, and ready for the outdoors.
* **Listen to directions and follow them** – give the coach/teacher your full attention.
* **Display appropriate behaviors** – how you behave in class affects others and their learning time/environment. Show P.R.I.D.E!
* **Give an honest effort and do your personal best** - set goals and work hard to achieve them**.**
* **Teamwork and Cooperation - T**ogether **E**veryone **A**chieves **M**ore!!
* **Always Show Good Sportsmanship –** be fair, respectful, cooperative, and considerate to everyone involved in games. Play by the rules and be honest.
* **Show Respect-** to coaches/teachers, classmates, equipment, and the environment in which we learn.
* **Take Responsibility for Your Own Actions**- don’t blame others. **S**et the B.A.R!
* **Have Fun**- if you had fun, you won!

**Classroom Rules**

* Do not eat/drink gum/candy, food, and/or drinks in the gym.
* Do not leave the gym without permission & a teacher issued pass.
* Please stay in the designated participation/sitting areas during class.
* Do not plug your personal electronic devices in the gym outlets. (School issued laptops are allowed to be charged with teacher permission.)
* Do not sit, stand, or leave any of your belongings on the stage.

**Supplies and Materials Needed**

* School issued laptop (fully charged)
* Access to the internet
* A willingness to learn & participate

**Make-up Policy**

Students who miss an assignment and/or test due to an excused absence, are responsible for completing & submitting those assignments in a timely manner. Makeup work is to be turned in no later than 5 days from the date the excuse was given. If the student misses a test, it is his/her responsibility to schedule a time with me to make it up. If the student does not complete an assignment and/or test in the given time frame, he/she will receive a zero.

**Grading**

Minor Grade 60% Examples include quizzes, labs, and other graded assignments to assess certain standards in a unit of study. (Min. 5 per 6 weeks)

Major Grades 40% Examples include unit tests, essays, research papers, project-based assignments, and other culminating assessments to measure mastery of standards that comprise a unit of study. (Min. 2 per 6 weeks)

A: 90 – 100

B: 80 – 89

C: 75 – 79

D: 70 – 74

F: 0 – 69

**Academic Honesty**

The integrity of students and their written and oral work is a critical component of the academic process. If at any time the student is required to complete a written assignment, it should be individual work unless otherwise instructed. The submission of another’s work as one’s own is plagiarism and will be dealt with accordingly. Also keep in mind that allowing another student to copy one’s work is considered cheating and thus qualifies as academic dishonesty.

**Extra Help**

Student’s needing extra help beyond that which can be provided during class time will need to arrange to meet with me (f2f or virtually) after school hours.

*\*\*The instructor reserves the right to change this document based on experiences and needs of the students involved.\*\**

**Return Bottom Portion Only With Signatures**

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**Coach Sammons Syllabus Acknowledgement Slip (2022-23)**

By signing this document, I acknowledge & agree that I have read and thoroughly understand the expectations, rules, and procedures that are expected of me as a student enrolled in this course. I realize that I am responsible for all the rules, regulations, procedures, and course requirements set forth in this class, and the RCSS student handbook, and I will be held accountable for the contents of this class and supporting documents. I further agree that should I have questions regarding the information contained in the syllabus I will discuss them with my coach/teacher.

Print Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

By signing this document, I acknowledge & agree that I have read and thoroughly understand the expectations, rules, and procedures that are expected of my child as a student enrolled in this course. I realize that my child is responsible for all the rules, regulations, procedures, and course requirements set forth in this class, and the RCSS student handbook, and he/she will be held accountable for the contents of this class and supporting documents. I further agree that should I have questions regarding the information contained in the syllabus I will discuss them with my child’s coach/teacher.

Print Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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