



Sophomore Physical Education

Volume 1, Issue 2013-14

Second Semester 2014

Mrs. Schroeder

Physical Education Class Expectations

Units Offered

Tennis	10
Aerobics	10
Weight training	10
Pickle ball	10
Badminton	10
Basketball	10
Volleyball	10
Plyometric workouts	10

We are the Keepers of our own bodies. We all need to understand that movement is the key to our own survival. Getting up off the chair and learning a new activity or becoming better at one is critical to your life long existence. SMART Goals—review them!

We will learn new & (old) activities with a twist that will include modifications to games and fitness activities. Your willingness to experiment with new ideas will be evaluated and appreciated in class. We need to work as a team and become better citizen in WCHS and the world!

WEDNESDAY IS CARDIO SWEAT DAY!!

My expectations are as follows:

1. You will have a locker and a lock for your personal use. You may be doubled up for the purpose of space. The locker will be assigned a lock and you are responsible to keep that lock with the locker. If you lose the lock you will pay a **\$10.00** replacement fee. You are to stay in the gym area until the bell rings. **NO EXCEPTIONS. DO NOT** leave the gym area except though permission of Mrs. S. **Passes are mandatory to leave class.**

NO IPADS IN THE LOCKER ROOM!!

2. You will have 3 minutes after the bell has rung to be out in the gym and lined up. **You need to be in the gym or locker room before the tardy bell rings.**

3. You earn daily points for following/meeting the rubric on the back of this sheet.

4. Your attendance is mandatory for daily points. Make up class will be done before or after school or

Aerobic workouts will be a part of this class. Enjoy your time with this:)

conditioning for a sport. A written note from the adult supervisor will give you credit for class.

All school activities are exempt from this policy. You are responsible to write a one page report on the physical activity that you did during this time. Ex. Walking though the ISU campus.

5. Classroom expectations are located on the internet and, bulletin board.

6. If you are asked to leave the class for discipline problems you will be asked to go to the office, will lose all the points for the day. This could result in a significant change in your grade.

You must fill out a behavioral plan from the PLAN room and discuss this with me to be excepted back in class. If you choose not to follow the plan and asked to leave for behavioral issues **YOU WILL BE DROPPED FROM CLASS and made up at a different time.**

FYI: Physical Education is required by the State of Iowa and WCSD this class is also letter graded and is now weighted in your GPA.

7. POSITIVE PARTICIPATION. Respect is mandatory for all in the class. PUT-UPS ONLY IN CLASS ; -)

Daily Participation

* **This is mandatory!**

* BE SAFE/GIVE IT YOUR ALL

* Shirts- WITH SLEEVES

* **Gym shorts / sweats are required**

* **You are here to be productive learners.**

* It is my goal for you to understand what you can do to improve your fitness levels.

* RESPECT ALL :)



Fitness Center:

- Lifting weights as required by program or lesson.
- 45 seconds intervals of lifting and or stretching
- Always using proper spotting technique
- Exercise the entire class period

Gymnasium/Outdoors:

Movement leaning- *Formative* assessment

- Attempt the movement skill
- Use the skill in a game situation
- Practice skills learned in class during class

Participation- *Summative* assessment

- Warm-ups / running, working, stretching to the best of your ability
- Play situations/ playing by the rules set out by the class or modified game situation
- Working to the best of your physical abilities

Social Responsibility & Interaction- *Formative* assessment

- Including others in your game or play situation
- Including other that are not your friends in a game or play situation
- Safety is practiced in game and play situation
- Use of appropriate language at all times