



Mrs. Schroeder

# Freshman-Sophomore Physical Education

Volume 1, Issue 2018-19

YEAR 2018—19

## Physical Education Class Expectations

### Units Offered

Basketball/ Tennis  
 Aerobics / Badminton  
 Slow-pitch Softball  
 Tchoukball / Golf  
 Weight training  
 Floor Hockey / Dance  
 Touch Rugby / Pickelball  
 Volleyball / Plyometric

### Daily Participation

#### \* NO ELECTRONIS IN

#### LOCKER ROOM

- \* NO GYM
- \* BE SAFE/GIVE IT YOUR ALL
- \* Shirts W/ SLEEVES– white, gray or LYNX
- \* Required: Gym shorts / sweats
- \* 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 :)
- \* **CLEAN SHOES!!!**

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.

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!

#### 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.**

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 will earn points daily for your participation, dressing out, Positive Character.

#### IF YOU DO NOT CHANGE OUT:

- \*clothing will be provided for you to change into
- \*parents will be contacted

#### **Points will be deducted for any of the above.**

4. Your attendance is VERY IMPORTANT and is part of the National Standard 3 of SHAPE. You will have the opportunity to make up class in FIXIT or attending another class with my permission.

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

All school activities are exempt from this policy.  
 5. 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.

TOM LEAHY STATEMENTS.....

### Boundaries for PLAY.

**LAW OF CHOICE**– volunteer yourself only

**LAW OF SAFETY**– nothing is worth getting hurt over!!!!!!! Emotionally, Mentally, Spiritually, Professionally!

**LAW OF MOTION & RESPONSIBILITY**  
 - be where you need to be at all times!

Challenge yourself everyday to be the best you can be...

Ask for help when you need it!!!!

BE THE BEST YOU CAN BE..

**YOU ARE AMAZING!**



## Evaluation

Your grade in Physical Education is a letter grade that goes on your GPA.

Summative assessments 70% of grade:

Participation & Motor Learning

Positive Character

Proper PE Clothes

Formative assessments 20% of grade:

Tests skills & written

Semester Test - 10%

The Standard and Benchmarks will be the guide in assessment.

If you are gone or choose not to dress out you will not receive the points for the day.

|    |            |
|----|------------|
| A+ | 97% - 100% |
| A  | 93% - 96%  |
| A- | 90% - 92%  |
| B+ | 87% - 89%  |
| B  | 83% - 86%  |
| B- | 80% - 82%  |
| C+ | 77% - 79%  |
| C  | 73% - 76%  |
| C- | 70% - 72%  |
| D+ | 67% - 69%  |
| D  | 63% - 66%  |
| D- | 60% - 62%  |
| F  | 0% - 59%   |



## Standards and Benchmarks

### 1. The physically literate individual demonstrates competency in motor skills and movement patterns.

- 1.1 Students demonstrate the ability to perform basic and advanced skills and tactics to participate in at least one activity from each of three of the following categories: team, duel, individual sports; dance, outdoor activities.
- 1.2 Use skills in complex and modified versions that would include rule changes, game strategies, and multiple participants in physical activities.

### 2. The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 2.1 Students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plan that include selected sports and activities.

### 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 3.1 Students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle.
- 3.2 Students participate in physical activities on a regular basis that contribute to the attainment of maintenance of personal physical activity goals.
- 3.3 Students demonstrate and understanding of how and why adults patterns of physical participation change throughout life and are capable of implementing meaningful strategies to deal with those changes.
- 3.4 The student can demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis.
- 3.5 The student can engage in activities in a variety of settings for the purpose of achieving and maintaining health-related fitness.
- 3.6 The student can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.

### 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Young adults demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of other in a physical activity setting.
- 4.2 Students demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings.
- 4.3 Includes persons of diverse background and abilities in physical activities.

### 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, Self-expression, and/or social interaction.

- 5.1 Identifies reasons to participate in physical activity.
- 5.2 Students can explain why participating in selected physical activities are enjoyable and desirable.