

CENTRAL HIGH SCHOOL

Physical Education

Mrs. Andra Adams; Mr. Dan Denton; Mr. Jeff Fenton; Mr. Tyler Graham

COURSE SYLLABUS

Course Description:

The physical education program at Central progresses from grades nine through twelve. The program is developmental in nature, stressing physical wellness/fitness, motor skills, teamwork, setting goals, valuing effort, dealing with competition, cooperation, motivation, journal writing, and developing problem solving skills. The curriculum covers rules, skills, and strategy for many games, sports, and lifelong wellness activities. Note: Only one PE class per semester unless making up credit. You may not waive PE for an academic class if you have previously failed PE and have not made up that credit.

Uniform Fee: \$17

Course Objectives:

Upon the successful completion of this course, students will be able to:

1. Identify and explain different games and training techniques.
2. Identify the muscles used during different physical fitness activities.
3. Identify all six areas of physical fitness and what activities test these areas.

Required Class Materials:

P.E. Uniform (Can be purchased at registration or at Denny's Sporting Goods in Onarga)

P.E. Shoes (Preferably high top for ankle support)

Deodorant, Soap, Shampoo and Towel (Students will be given ample time to take a shower if they wish after class)

Text:

None

Course Outline:

Fitness Testing, Flag Football, Flicker ball, Frisbee Golf, Ultimate Frisbee, Volleyball, Badminton, Pickle ball, Eclipse Ball, Basketball, Soccer, Lacrosse, National Guard, Bowling, Softball

Major Assignments: Final Exam- Over all activities covered in a semester. Exam will be at the end of the semester.

Individual Fitness Portfolio completed throughout semester and checked frequently.

Grading: A total of 10 possible points can be earned daily in physical education.

Warm-ups are worth up to 1 point.

Stretching is worth up to 2 points

Unit Activity is worth up to 4 points

Fitness Enhancement is worth up to 3 points

Individual Fitness Portfolio

Students will be tested on the six aspects of fitness at the beginning of the year. After testing is complete, each student will come up with personal goals for each of the six aspects of fitness. They will then come up with personal objectives with which to achieve their personal goals. Throughout the course of the semester, teachers will test each of these six aspects of fitness in order to show the students where they are at in respect to their goals. At the end of the semester, students will receive a grade on whether or not they achieved their fitness goals.

The grading scale shall look like this:

- A. There are 10 points available for each of the six aspects of fitness
 - A. Sit and Reach = 10 points
 - B. Mile Run= 10 points
 - C. Abdominal Test= 10 points
 - D. Push ups= 10 points
 - E. Pull ups/Flexed Arm Hang = 10 points
 - F. Shuttle Run= 10 points
- B. Students will receive points based on how they test on these six testing tools compared to what they received at the beginning of the year.
 - A. Student met or exceeded their fitness goal = 10/10
 - B. Student exceeded initial test figure but failed to achieve their personal goal = 9/10
 - C. Student met their initial test figure but failed to surpass it = 8/10
 - D. Student failed to meet their initial test figure = 6/10

Class Policies & Procedures:

Discipline:

- Be in class and in the bleachers when the bell rings. 2 Tardies = 1 Detention
- Once attendance has been taken, students will have 5 minutes to get changed into the approved uniform and be in the gym ready for participation
- If you take a “no dress” or do not have the approved P.E. Uniform for class, you will not be allowed to participate and will be given a zero for the day.

Facilities:

- All facilities and equipment should be cared for in an appropriate manner.
- Do not use the equipment for anything other than what the equipment is designed for.
- Ask to use equipment (i.e. basketballs, volleyballs) during free time
- If a student breaks or damages anything, they will pay for the replacement.
- Stay off the floor until given permission to be on it.
- All weights must be placed on appropriate racks before leaving weight room.

Behavior:

- Do not share lockers, locks or you combo with anybody else. If you lose or misplace the lock that is issued to you, you will be charged \$5.00 for a replacement.
- Keep your locker locked at all times. You are responsible for what is in your locker and any valuables you place there
- Stay seated in the bleachers until you are dismissed from class
- Report ALL injuries or equipment damage to you teacher immediately
- No food, drink, or gum is permitted in the gym. Clear, bottled water in a see through container is acceptable
- Be respectful to all teachers and other students. If a teacher is talking, please be quiet and pay attention
- Do not use inappropriate language, contact, or gestures.

Instructor Contact:

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