

## 2019-20 Physical Education Syllabus

*Physical education is a sequential education program that concentrates on developing and maintaining each student's overall fitness and provides students with the knowledge, skills, abilities, and attitudes to lead a healthy lifestyle.*

These courses will include the following objectives:

1. Optimal skill development in each activity
2. Develop and maintain physical fitness
3. Increase knowledge in the value of physical fitness, the effects of exercise on the body and the rules and strategy of each physical activity.

### Hitch Grading Scale:

A 90-100

B 80-89

C 70-79

D 60-69

F 0-59

### Grading Policy: K-2th

1. 50% Ready To Learn
  - a. Students can earn 1 point each per class for Dress, Sportsmanship and Effort
    - i. **Dress** - is the student following the PE dress code?
    - ii. **Sportsmanship** - is the student being safe for physical education by following the rules and demonstrating respect for others in a group setting?
    - iii. **Effort** - is the student working to develop and improve the skills learned in class?  
Is there growth?
  - b. Students can earn 2 points each class for Participation
    - i. **Participation** - is the students participating in warm ups, the activities, and the cool downs.
2. 25% Formative
  - a. Students will show their understanding and knowledge and gage their own personal competence or skill acquisition within the class session. Tools that may be used include

various forms of closure activities. These assessments allow the PE staff to modify and adjust lessons/units to the needs of the students

3. 25% Summative Assessment

- a. Students will demonstrate knowledge and skill acquisition through various evaluation at the end of units. A rubric will be provided that indicates points for specific outcomes
- b. Assessments will be knowledge and skill based

**Grading Policy: 3rd-8th**

4. 50% Ready To Learn

- a. Students can earn 1 point each per class for Dress, Sportsmanship and Effort
  - i. **Dress** - is the student following the PE dress code?
  - ii. **Sportsmanship** - is the student being safe for physical education by following the rules and demonstrating respect for others in a group setting?
  - iii. **Effort** - is the student working to develop and improve the skills learned in class?  
Is there growth?
- b. Students can earn 2 points each class for Participation
  - i. **Participation** - is the students participating in warm ups, the activities, and the cool downs.

5. 20% Formative

- a. Students will show their understanding and knowledge and gage their own personal competence or skill acquisition within the class session. Tools that may be used include various forms of closure activities. These assessments allow the PE staff to modify and adjust lessons/units to the needs of the students

6. 20% Summative Assessment

- a. Students will demonstrate knowledge and skill acquisition through various evaluation at the end of units. A rubric will be provided that indicates points for specific outcomes
- b. Assessments will be knowledge and skill based

7. 10% Assignments/Projects

- a. Students will complete assignments/projects using a rubric that provides a grading criteria for assignments. The rubric will define in writing, what is expected for a student to earn a particular grade.

**Physical Education Dress Policy:**

1. Students must wear gym shoes for all PE spaces (the Gym, Room 109 and the field)
  - a. Inappropriate shoes include: Construction boots, hiking boots, sandals, open-toed shoes, platform and wedge shoes
2. Students may not wear loose or dangling jewelry.
3. Students may wear Hitch shorts, sweats, t-shirts, and hoodies at appropriate points in the year.
4. Students need to think about appropriate clothing daily. For personal comfort and discretion, shorts are welcome and encouraged under dresses and skirts. Belts are encouraged for loose fitting pants.

**Physical Education Expectations**

1. Good manners
2. Teamwork
3. Self control
4. Positive attitude
5. Respect (working with each other in a way that does not disrupt the activities of class)
6. Listening
7. Follow directions, rules, and procedures - entrance/exit/emergency
8. Think for yourself
9. Help others
10. Be prepared
11. School/class/team spirit

**Classroom rules:**

- ★ Subject to change based on teacher discretion.
- ★ Use knowledge and skills learned to make the best possible decisions (Common Sense)
- ★ Safety First - The safety of all students comes first. If you are about to do something that you feel is not safe in an activity, do not do it.
- ★ Gym shoes must be worn for PE.
- ★ Follow classroom instructions and procedures.
- ★ No food, drink, gum, or candy in the Gym, Room 109 or on the field.
- ★ Be respectful to others.

★ Nobody is allowed to enter the Gym, PE office, or Room 111 without permission from the teacher and being accompanied by a peer.

**2019-2020 Curriculum**

<b>Sequence</b>	<b>Unit</b>		<b>K-1 Units</b>
1	Rules/Procedures		
2	Fitness Testing		Spatial Awareness/Locomotor Movements
3	Flag Football		Foot/Eye Coordination (soccer skills)
4	Soccer		Jump Rope
5	Basketball		Hand/Eye Coordination (basketball skills)
6	Volleyball		Striking Skills (volleyball skills)
7	Husky Challenge		Tumbling/Gymnastics
8	Kickball		Rolling Skills
9	Fitness Testing		Throwing/Catching Skills (baseball/softball)
10	Creative Games		Creative Games

★ *Dates/Units subject to change based on teacher discretion.*