

Physical Education Course 1 Syllabus

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Course Description:

Physical Education Course 1 curriculum is sequential, developmental and acknowledges individual patterns of physiological and psychological growth and delineated grade level expectations. It introduces 9th graders to the High School physical education experience and develops student knowledge, skills and values, which support student health literacy, wellness, efficient and expressive movement, self-discovery and social competence. The course will include instruction, learning, and assessment in the following content areas:

- Effects of physical activity upon dynamic health (health related fitness)
- Mechanics of body movement
- Aquatics
- Individual and dual sports
- Team sports
- Rhythms and Dance

This course is designed for students in grade 7-9. During Course I, students will advance their movement skills in aquatics, rhythms/dance, and individual and dual activities. They will also seek to achieve a level of physical fitness that supports both their health, and performance goals. Further, students will demonstrate their knowledge of psychological and sociological concepts and strategies that apply to the learning and performance of physical activity. This course will also prepare students for the state mandated physical fitness test. All students enrolled in the course must demonstrate progress towards mastering the high school physical education content standards. This course is a prerequisite for Physical Education Course 2.

Objectives:

- Students will be assessed in a baseline California Physical Fitness test at the beginning of the school year.
- Students will learn the importance of the five physical fitness components and understand the purpose of the California Physical Fitness test.
- Students will be taught proper form/technique, and be trained and assessed on their progress of the mile run, pacer run, sit and reach, shoulder reach, trunk lift, push-ups and curl-ups throughout the fall semester by way of weekly fitness days.
- The California Physical Fitness Test will be administered in the spring.
- Students will learn the importance of physical education, physical fitness and how it relates to living healthy for a lifetime.
- Students will learn the major muscle's actions and principles of exercise and how it relates to fundamental skills for individual activities throughout the school year.

- Students will participate in an Aquatics unit in which they will learn water safety and basic swimming techniques. They will only be allowed in shallow water for comfort and precautionary reasons.
- Students will participate in a Rhythm/Dance unit focused on Fad dances.
- Students will participate in individual sports such as juggling, frisbee golf, tennis and badminton.

Materials:

Students must be dressed for PE everyday.

- Saddleback PE clothes or exercise appropriate (GREEN, GRAY or GOLD) T-shirts and shorts free of logos, are required. NO black clothing allowed and NO LEGGINGS or short shorts allowed.
- Sweats (GREEN, GRAY or GOLD) and school appropriate sweaters are only allowed during cold weather or for personal reasons with parent request and teacher consent.
 - If PE clothes are forgotten, you must request LOANERS from our equipment manager with your school ID or a personal item.
- If PE clothes are lost or stolen, it is your responsibility to replace them as soon as possible.
- Students must wear proper footwear for physical activities.
- Locks are required to safely lock your belongings in your assigned locker. We are not responsible for lost or stolen items. Always double check that you lock your locker with your lock.
- Writing materials and/or chromebooks will be required upon teacher request.

Assessments:

Students will be assessed on

- daily active participation to the best of their ability.
- knowledge of exercises and games, skills, proper form, and individual progress on fitness days.
- fundamental skills, homework, nearpods, flipgrid videos, quizzes, and final exams.

Grading scale/Categories:

Participation/Classwork:	50%
Physical Fitness:	25%
Assessment/Quizzes:	15%
Final exam:	10%