



Physical Education I Overview

Hillsboro–Deering High School

12 Hillcat Drive

Hillsboro, N.H. 03244

CORE VALUES

HDHS commits to building COMMUNITY, providing a PERSONALIZED education, encouraging continual PROGRESS, and inspiring PURPOSEFUL lives.

1st / 2nd Semester / 2014-2015

Instructors: Jay Wood – P.E. / A.D., 464-1130 ext 1227, jwood@hdsd.k12.nh.us

Phil Swasey – P.E. / Health, 464-1130 ext 1227, pswasey@hdsd.k12.nh.us

- I. Rationale:** Physical Education I provides a cornerstone of physical fitness, as well as learned listening skills, cooperation and team work to help in the development of adolescents towards becoming productive citizens. Physical Education I is a ½ credit course required for all first year physical education students to graduate.

II. Course Aims and Objectives:

Aims:

This course is designed for students to achieve a solid understanding of physical fitness and activity, and its lifelong benefits. The main goals are to develop problem solving skills, to increase self esteem, to facilitate group cooperation, to improve one's fitness level, and to acquire lifetime health and movement skills and knowledge.

Specific Learning Objectives:

By the end of this course, students will have experienced and have knowledge of:

- Warm Up Circuits – understanding how to perform stretching, cardiovascular, abdominal, upper body and lower body circuits, and how they relate to fitness and health.
- Team Sports and Games – understanding basic skills and rules of team sports and games and how listening skills, responsibility, cooperation and team work all fit in.
- Project Adventure – experience the building of self esteem, trust, confidence, cooperation and team work.

Physical Education I students need to demonstrate: an understanding of basic health related fitness, an understanding of rules and strategies, listening skills, cooperation and team work, to have met the above objectives.

III. Format and Procedures: Physical Education I students will:

- meet 2 or 3 times a week for approximately 80 minutes
- wear gym attire and participate in order to receive credit for the class
- arrive to class on time, change in the locker room and be ready for attendance
- adhere to all HDHS behavioral and gymnasium rules
- adhere to the school wide discipline and attendance policies

IV. Course Requirements: All Physical Education I students are:

- required to change daily for P.E. class, cooperate and participate
- required to wear gym attire for class (sneakers, athletic shorts / sweat pants, t-shirts / sweat shirts)
- required to provide a doctor's note for any short term medical excuse
- required to purchase a lock for their gym locker
- Required to leave all of their belongings in the locker room for the duration of the class (book bags, electronics, school clothes, etc.)

V. Grading Procedures / Assessments: Physical Education I students will:

- be able to earn 5 Performance Points daily:
 - 1 – for proper gym attire / mini lesson
 - 1 – for aerobic activity / group stretch
 - 1 – for skills
 - 2 – for game / activity / overall performance
- receive 70% of their grade from performance, cooperation, attitude, and effort
- receive 30% of their grade from literacy / mini lessons, and a final exam

VI. Accommodations for students with disabilities:

- Students will be given opportunities to participate at their own speed and success levels.
- Modifications will be made if needed in accordance to IEP's.

VII. Gymnasium Rules / Expectations :

- Absolutely no gum, food or drink in the gymnasium (except water).
- Electronics are not allowed in the gymnasium (phone, music, games, etc.).
- No wearing of loose jewelry allowed in P.E. Class.
- Students are not allowed in the P.E. Cage / Back Equipment Room at any time.
- Students are not allowed in the weight room at any time, unless supervised by an adult.
- Students are not allowed up on the 2nd level of the gymnasium at any time.
- Students are not allowed to sit or hang out on the stairs at any time.
- Students are not allowed outside/inside unsupervised (everybody is out together or everybody is in together).
- Students must change into gym attire in order to participate.
- Students are required to wear **sneakers only** on the gym floor for participation.
- There is absolutely no wall ball or kicking/throwing things towards the ceiling or at the scoreboard.
- All students are required to purchase a lock, to secure all of their belongings in a gym locker on a daily basis, in order to prevent theft.
- **Locker Room Protocol:** All students will enter their locker room through the back doors near the band room, change/bathroom, lock belongings in lockers and enter gymnasium for attendance. All book bags will be left in the locker room during class time. Locker rooms will be locked for the entire class and students may use the bathroom in the foyer if needed.
- All students are allowed 2 class passes for the semester (forgetting gym clothes, etc.).
- Always give your best effort!

Student signature_____

Date_____

Parent signature_____

Date_____