

Middle School Physical Education/Health

COURSE SYLLABUS

North Andrew Middle School

PE/Health Department

Length of Course

Full Year (Combination of PE and Health)

Instructors & Times Available

Instructor: Ms. Sara Knorr
Office Hours: 8:00 - 8:45 a.m.
Or by appointment
E-mail: sknorr@northandrew.org
Phone: 816-567-2525 ext. 313

Course Description

Physical Education class is designed to promote student demonstration and knowledge related to the components of physical fitness. This course emphasizes, introduces and reinforces health related physical activities and fitness, developmental game/activities, rhythm and dance, as well as lifetime activities.

Health Education encourages the students to develop skills, attitudes and behaviors that enable one to make responsible decisions about health and avoid health-related crises. This can best be accomplished through instruction that enables students to practice health-related skills that apply those skills to real life situations.

Course Materials

Physical Education: Tennis shoes that have not been worn outside for gym use and a pair of socks are needed for class every day if we are in the gym. If we are outside a pair of tennis shoes and socks are required every day. T-shirts, shorts, deodorant, sports bras etc. will need to be changed into everyday of class. Chromebooks will also be needed occasionally for quizzes or written assignments.

Health: Textbook, Chromebook, Pencil/Pens, Paper

Course Content

Physical Education: Chasing, Fleeing, and Dodging Games, Cooperation Games, Individual and Dual Sports, Physical Fitness Testing, Outdoor Recreation Games

Health: Mental/Emotional Health, Relationships, Conflict Resolution, Nutrition, Physical Activity and Fitness, Tobacco, Alcohol and Drugs, Body Systems, Growth and Development, Diseases, Safety and Emergencies

Course Expectations: Physical Education

Lockers: A locker will be assigned in the physical education locker room to each student. During class, the lock should be put on the locker with all belongings locked inside. After class physical education clothes must be locked in the locker. Nothing should be left on the floor in the locker rooms. Please help keep them clean.

Locks: A combination lock will be provided if the student wants one and the combination will be kept on record. Students may also bring in their own locks but the combination must be given to the teacher and an extra key if it is a key lock in case the student misplaces theirs or forgets the combination. The combination should never be given to another student. The school or teacher will not be responsible for lost, stolen, or broken items that were left out or if the lock was not locked.

Assigned Areas: Students are to remain in assigned areas (locker room, gym, athletic fields, weight room, etc.) and if students leave assigned areas it will result in a grade reduction.

Excuses: All students are expected to take and participate in physical education classes to learn about and then lead a healthy lifestyle by exercising and participating in the class activities. To be excused from participation in P.E., students must have a doctor's excuse listing specific reasons for a long-term excuse. If the student only needs to not participate up to two days then a parent note will be accepted. Students who are unable to participate due to an injury/illness will be expected to complete a written assignment to earn their participation points or take on an official role in the activity if capable and depending on the unit.

Equipment: Students are responsible for proper usage of school equipment and are expected to respect school and personal properties.

Tardies: All students need to be on the wooden gym floor before the bell rings or they will be counted absent.

Cell Phones: Cell phones are not allowed in any PE class. They are to be left in the locker room or in lockers. If seen they will be confiscated and taken to the office where a parent must pick them up. Cell phone videos/pictures are also not allowed to be taken in the locker rooms.

Discipline: Any rules or expectations that are broken will result in the following consequences.

1. First Offense: A verbal warning will be given to the student.
2. Second Offense: Removal from the activity and given an alternate activity involving exercise. Students will also lose sportsmanship/citizenship points for the day.
3. Third Offense: The student will be removed from the gym and sent to the office with complete loss of the points for the day.

Course Expectations: Health

1. Be in your seats when the bell rings.
2. Be prepared for class (Pen/Pencil, chromebook, notes, homework etc.).
3. No talking while the teacher or another student is talking.
4. Participate in all class activities and discussions throughout class.
5. Raise your hand and wait until you are recognized.
6. No cell phones are allowed in class and will be confiscated if seen or heard.
7. No food or drinks are allowed in the classroom.

Consequences

If any rules are broken during class the following are consequences that the student will have. The order will vary depending on the severity of the act.

1st Offense – Verbal Warning

2nd Offense – Moved to a different location/hallway –detention with teacher

3rd Offense – Sent to the office

Methods of Assessment

Physical Education Daily Rubric

The Physical Education Daily Rubric will be used to assess students in class. It is broken into four categories each worth 3 points each for a total of 12 points per day. The four categories include effort/participation, skill/knowledge development, citizenship/sportsmanship, and preparation for class. The rubric will be a document posted in Google Classroom. Unit quizzes will also be used to assess knowledge also taken in Google Classroom. Study guides will also be posted.

Quizzes and Skills Test: Points As Assigned

Students will be tested on knowledge of skills, rules, and history at the beginning and end of each unit. Unit quizzes will be taken in Google Classroom. Study guides will also be posted. Any suspicion of cheating will result in a zero for the assignment. Students will also be expected to demonstrate physical skills and will be graded using a checklist.

Retake Policy

Retakes are allowed only on quizzes and only if a student scores below a 60% on a quiz. The student needs to make a retake request by the next day by the end of the their hour.

Student Information & Grades

Student information and grades can be viewed through Lumen with a link found on the North Andrew R-VI web page www.northandrew.org. Directions and log-on information may be obtained by a parent or guardian from the high school principal's office. Information regarding physical education class can be found on the Physical Education website or by browsing sites from your North Andrew Google account for physical education.

Course Objectives: Physical Education

1. Use the concepts of health-related and skill-related fitness to connect benefits each offers to the development of total fitness.
2. Identify exercise principles of overload, progression, and specificity and how they relate to exercise.
3. Demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity setting (e.g., checklist of conflict resolution skills).
4. Investigate the safe and unsafe practices of using fitness equipment (e.g., weight room, fitness balls, step aerobics).
5. Apply knowledge of basic first aid for the treatment of injury inside and outside they physical activity setting (e.g., asthma, CPR, RICE – Rest Ice Compression Elevation).
6. Analyze selected skills and correct errors to improve skill technique.
7. Explain sport history.
8. Demonstrate an increased level of competence in skill techniques, scoring, and safety practices in a variety of individual, dual and team sports.
9. Analyze play of their opponent and apply defensive and offensive techniques.
10. Demonstrate an increased level of competence in a variety of outdoor pursuits and/or recreational activities.
11. Demonstrate an intermediate level of competence in a variety of physical activities (e.g., gymnastics, dance,).

12. Apply skill techniques, scoring and safety practices in a modified activity setting.
13. Analyze the creative and aesthetic aspects of a dance pattern (e.g., direction, time, flow, level, energy).

Course Objectives: Health

1. Through experience, observation and reading identify the issues, needs and/or problems facing individuals and society through disease prevention and control. (HP3, HP5)
2. Through experience, observation and reading identify the issues, needs and/or problems facing individuals and society through safety and first aid. (HP7)
3. Through experience, observation and reading identify the issues, needs and/or problems facing individuals and society through consumer health. (HP2, HP6)
4. Recognize, analyze and demonstrate personal health behaviors which will lead to and promote a healthy lifestyle through nutrition. (HP2)
5. Utilizing the most reliable sources of information available, identify the causes and effects of health problems on the body and recognize those which can be prevented and/or controlled by oneself through substance abuse. (HP3, HP5)
6. Through experience, observation and reading identify the issues, needs and/or problems facing individuals and society through mental health. (HP2)
7. Through experience, observation and reading identify the issues, needs and/or problems facing individuals and society in family life/sex education. (HP1)
8. Recognize, analyze and demonstrate personal health behaviors which lead to and promote a healthy lifestyle through disease prevention and control. (HP3, HP4, HP5)