

# Clayton High School

## Course Syllabus

**Course Syllabus: 9-12 Physical Education**

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### **1. Course Description:**

The 9-12 Physical Education classes are conducted into two blocks of grades 9-10, and grades 11-12. Students will attend physical education for three marking periods and health one marking period during the school year. The curriculum encompasses a variety of activities with a focus on lifetime activities, fitness, and wellness. The units are broken down into three-week blocks having each student participate in three different activities during a marking period. The focus of physical education is to provide an environment for every student to participate in and enjoy physical activity. There will be a focus on fitness in all activities taught and each student will participate in a fitness circuit on a rotating basis in physical education.

New Jersey Core Curriculum Content Standards:

2.1 –Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

2.2 –Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

2.5 –Motor Skills: All students will achieve optimal wellness by learning and applying movement concepts and skills.

2.6 – Fitness: All students will achieve optimal wellness learning and applying fitness concepts and skills.

### **Course Objectives:**

1. To prepare students for a lifetime of activity that promotes wellness.
2. To prepare students to make positive personal decisions that allow them to effectively cope with the demand for living a healthy and productive life.
3. To develop positive attitudes and behaviors including, but not limited to sportsmanship, cooperation, teamwork, leadership, appreciation for exercise and physical activity, and competition.
4. Develop life skills – locomotor, non-locomotor, and manipulative patterns.
5. Strategies to develop and maintain fitness in a variety of activities.
6. To develop etiquette and understand rules as applied to sports and activities.

Activities to be covered:

Team Sports: Field Hockey, Flag Football, Soccer, Team Handball, Volleyball, Basketball, Ultimate Frisbee, Softball, Lacrosse, Floor Hockey, Speedball, Cooperative Games, Mass Games.

Individual Sports: Badminton, Golf, Frisbee Golf, PickleBall, Bowling.

Fitness Activities – Circuit training, Power walking, Aerobic Activities, Rhythmic Dance.

Grading System and Assessment of Student Performance:

Students will receive numerical grades. Grades will be assessed by the following guidelines:

60% - Preparation/Participation/PTL4M program

30% - Quizzes

10% - Classwork/Homework

Expectations and Classroom Rules:

- All students need to wear **comfortable/athletic clothing, including sneakers and socks** during P.E. class.
- MASKS MUST BE WORN AT ALL TIMES (INDOORS/OUTDOORS) due to COVID-19.
- No jewelry is permitted to be worn in physical education class. Jewelry becomes a safety hazard when students are involved in activity.
- Students assigned to medical excuses from physical education by a physician will be required to complete assignments in class /library as per teacher/administrative discretion
- All students are to follow established classroom rules and participate in class activities to the best of their ability.
  - 1) No gum, food, or drink permitted in the gymnasium.
  - 2) Students will enter the gymnasium through 200 wing doors and go to their assigned pod.
  - 3) Students' bags, cell phones, or any other materials will be placed in designated areas of the gymnasium.
  - 4) Students unprepared for class are not permitted to participate in activity and will be assigned written work to be completed during PE class.
  - 5) All students are required to report immediately to their pods when entering gymnasium.