



Unified Physical Education



Teacher: Mrs. Kelsey McLean

Room: 132/ New Gym

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Google Classroom:

[t4lu3sqs](#)

Teacher Website:

<https://sites.google.com/myprowler.org/kelseymclean/class-1?authuser=0>

Course Description:

Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities. The Unified Physical Education course is structured around the national physical education standards and grade-level outcomes, which include gaining the knowledge and skills necessary to maintain a health-enhancing level of fitness. Additionally, the class supports the development of leadership skills for all students, and the empowerment of ALL students to foster an inclusive class and school-wide environment. Unified Physical Education courses can be a gateway for further participation in Special Olympics programs and events. It is in my hopes that one of you will become a Special Olympics volunteer or even trained as a Coach!

Course Outline:

|  Physical Education Topic |  Leadership Topic |  Wellness Topic |
|---|---|---|
| Outdoor Pursuits | Orientation | Emotional & Mental Wellness |
| Lifetime Activities | Inclusive Youth Leadership | Social Wellness |
| Individual Performance | Inclusion | Physical Wellness |
| Games & Sports | Co-leadership | Nutritional Wellness |
| Aquatics | Teamwork | |
| Dance & Rhythmic Activities | Advocacy | |
| Fitness Activities | | |

Class will meet in the Brickhouse Gym on Monday/Tuesday/Thursday. On Fridays, the general education students will meet in Room 132. Here we will discuss information on disability awareness, inclusion, advocacy and leadership.

Student Learning Outcomes/Course Objectives

- ☐ Increased physical fitness and activity-specific skills
- ☐ New friendships and social inclusion fostered among classmates
- ☐ Reinforced positive habits and reasoning resulting in better health & lifestyle choices
- ☐ Advanced social and leadership competencies
- ☐ Deeper understanding of activity/game/sport rules and strategies
- ☐ Movement confidence and competence developed in a variety of physical activities/activity settings

Course Requirements

- ☐ Students must wear appropriate clothing/shoes (You are not required to wear PE clothes at this time)
- ☐ Students must wear a mask in the classroom and when appropriate in the gym
- ☐ Students must display leadership skills
- ☐ Students must demonstrate compassion, empathy and respect for others
- ☐ Students must work one-on-one with a student who has a disability
- ☐ Students must be willing to advocate for whole school inclusion and awareness
- ☐ Students must help provide a positive and inclusive learning environment
- ☐ Students must HAVE FUN!

Grades:

Grades will be weighted with a large emphasis on **participation, leadership, advocacy and behavior**. There will be weekly journal entries that you can complete in google docs or in a notebook. 10 daily points of participation will be given each day so attendance is important. After your third missed class, you receive a zero for that day. There are alternative assignments you can complete to gain those daily points back but they need to be done within 5 days of your absence to receive credit.

Each student will be responsible for creating, designing and teaching lessons to students with disabilities with the guidance of your instructor.

Grading Scale

| | |
|---------------|---|
| 90-100% | A |
| 80-89% | B |
| 70-79% | C |
| 60-69% | D |
| 59% and below | F |

Homework Policy

- Online work in google classroom must also be submitted during or before the first five minutes of class.
- To learn the material and succeed in my class you will have to turn in work on time.
- If an assignment is turned in late it will be docked 10% automatically.

CELL PHONES Policy

Sometimes we need cell phones to look something up quickly, but most of the time, you know they're a major distraction to your education. The reason you are in my classroom is to further your education and build relationships.. I don't want to see them out and being a distraction, but I also want you to learn how to control your own behaviors and be able to use them at appropriate times.

This is what we are going to do with cell phones. If you know that you can't handle the distraction for the day, drop your phone off at the charging station. Plug it in, turn the ringer off, and just forget about it for the class period. You won't even be tempted to look, plus, when class is over, you'll probably be back to a full charge! For those of you who choose to take your chances, and if I have to ask you more than once to put your phones away, the second time I see the phone I'll simply ask you to walk it over to the charging station since you couldn't follow the first warning.

I-pads:

- Have them fully charged each day. I have limited outlets in my room which makes charging during class difficult.
- No playing music from your i-pad unless permission has been granted.
- Only use the appropriate website (program) that I instruct you to use.
- When I ask you to put them away, do so. I will take it away if needed.

Attendance

Attendance is very important and will be taken **DAILY**. If you are absent, please contact me and check **Google Classroom** for any missing assignments (weekly assignments link).

If you know you are going to be gone for an event and there is a quiz or test scheduled, you need to talk with me and schedule a make-up time. You need to do this at least two days in advance. The test/quiz might have to be done BEFORE you leave. If quizzes/tests are not made up within a week you will receive half credit.

Academic integrity policy (NO Cheating):

It is expected that all work submitted by a student will be that student's original work. This includes any assignment! Plagiarism whether intended or not is not tolerated in any academic setting. Students exhibiting questionable behavior during an exam will be offered an oral exam or a zero for the exam. If I find you cheating on any assignment, quiz, etc you will receive a zero. Questionable behavior during the semester will be confronted and may result in a report to the principal's office.