

Physical Education

Course Syllabus 2026-27



Instructor: Mrs. Angela Hanson,
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Grade Level: 9 – 12

Course Length: one semester, (first semester)

Credit: 0.5 credits

Prerequisites: none

Description:

The primary goal of high school physical education is for students to graduate as physically literate individuals who have the ability, confidence, and desire to be physically active for life. This goal is achieved through goal setting, individualized training, documentation of participation and progress, periodic fitness assessments, and personal reflection.

Course Outcomes:

Upon successful completion of this course, students will:

- Demonstrate competency in a variety of motor skills and movement patterns
- Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
- Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- Exhibit responsible personal and social behavior that respects self and others
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

Course Outline:

Course Introduction and Baseline Fitness Assessment

Unit 1 -Lifetime Activities

Unit 2 -Cardiovascular Fitness

Unit 3 -Stability

Midterm Fitness Assessment

Unit 4 -Strength Training

Unit 5 -Flexibility and Mobility Training

Unit 6 -Healthy Lifestyle Habits

Semester Fitness Assessment and Course Closure

Course Materials:

Required:

Students are required to have a phone or camera capable of taking and sharing pictures and/or video.

Not required, but highly recommended:

Fitness mat and a wearable fitness tracker (should measure heart rate, workout length, steps, etc. -- various models available on Amazon for \$20-\$60)

Any fitness equipment that the student likes to use.

All course materials and activity links will be made available via Moodle.

Evaluation & Grading Scale:

Assignments: Each graded activity in the course is assigned a certain number of points. The course percentage grade will be determined by comparing the points earned out of points possible and then converting to a letter grade based on the grading scale below. A student's current grade in the course will be available as we progress .

Academic Honesty: All work submitted to meet course requirements is expected to be the student's own work. Students will be held to the academic honesty policy in effect at their school, which may include failing the course for violations of the policy.

Grading Scale:

98-100 A+	87-89 B+	77-79 C+	67-69 D+	
93-97 A	83-86 B	73-76 C	63-66 D	0-59 F
90-92 A-	80-82 B-	70+72 C-	60-62 D-	

Instructor Policies:

Expected of Students:

1. Check in on the course on a daily basis, Monday through Friday. Generally, students have been scheduled by their school to work on this course at a specific time each school day. Be faithful in using this time to work on this course. If you will be absent from class on a particular day, or if you miss class because of illness, be sure to let me know.
2. Expectations for this course are high, but reasonable. Everyone is very busy with his or her other courses, activities, and responsibilities, yet you are expected to complete all work on time. If you need an extension of time, please make the request via private email prior to the due date.
3. Communicate! If you have questions or concerns on a particular assignment or activity, please send me a private email or make a public posting in the Instructor's Office Forum. Good two-way communication is very important to having a successful experience!

AGVA Policies:

AGVA policies are listed in the ***Student Handbook***, available on the AmazingGraceVA.org website under [Resources, Handbooks](#). This includes policies on non-discrimination, anti-harassment, student expectations, attendance, academic honesty, student discipline, student grades, course add/drop, etc.

Please note the policy on **attendance** that states in part:

“Even if a student’s local school does not have school on a particular day (snow day, teacher’s conference, quarter break, choral fest, class trip, etc.) AGVA courses will continue to meet and students are expected to complete required work on time.”

If students are not full-time students at AGVA, they also fall under the policies of the school where they attend as a full-time student. When applicable, that school’s policies will also be applied to enrollment in AGVA courses.