



Course Name: 8th and 9th Physical Education Courses

8/9 PE

Introduction to Strength Training

Contact Information

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How students will be graded on academics

Grade	Percent Range
A	90 - 100
B	80 - 89
C	79 - 70
D	69 - 60
F	50

Reporting Learning Behaviors

- Grades are based solely on achievement of standards. Non-academic indicators, such as behavior, are essential but communicated separately.

Performance Levels for reporting learning behaviors:

- MET = Meeting
- PRG = Progressing
- BEG = Beginning



Assessment Information

- Students are assessed daily on their participation of skills.
 - Skill assessment grades will be entered into Infinite Campus weekly.
- Heart rate monitors will be used to monitor student effort.
- Students may be asked to complete a reflection on our units of instruction.
- Student reassessment:
 - Reassessments will be offered on skill assessment on Wednesday and Thursday.
 - Students will complete a workout to show evidence of meeting the standard of the unit.
 - Students will have two weeks after the unit is finished to complete a reassessment.
 - Students will communicate with their teacher if they would like to reassess.

Priority Standards

*All Physical Education units will meet multiple National Physical Education standards.

*Standards for each unit will be communicated through units and daily lesson plans.

8/9 Physical Education & Instruction to Strength Training

Standard 1: Develops a variety of motor skills.

Standard 2: Applies knowledge related to movement and fitness concepts.

Standard 3: Develops social skills through movement.

Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

8/9 Physical Education Units of Instruction

Fitness Based Units

- Cardiovascular Track Workouts
- Personal Fitness (Completed through: Wave Circuits, Partner/Group Workouts etc...)
 - Medicine ball exercises
 - Kettlebells exercises
 - Dumbbells exercises
 - Body bars exercises
 - Body weight exercises
- Weight Lifting
- Yoga
- Fitness Videos



- Cardio Kickboxing
- Heavy Ropes

Game Based Units

- Tchoukball
- Floor Hockey
- Handball
- Pickleball
- Yard Games
 - Kanjam, Bucketball, Rampshot, & Paddle Zlam



JMS PHYSICAL EDUCATION RUBRIC

Criteria	Proficient (2)	Developing (1)	Beginning (0)
Workout & Game Completion	Consistently demonstrates excellent technique with proper form, controlled movements, and while following the workout provided	Partially demonstrates technique with proper form, controlled movements, and occasionally follows the workout provided	Struggles to demonstrate proper technique, movements are not controlled, and does not follow the workout provided.
	Consistently understands and follows the rules of the game while implementing game strategies	Sometimes understands and occasionally follows the rules of the game with some game strategies	Does not understand or follows the rules of the game and cannot implement game strategies
Safety & Personal Responsibility	Always models exceptional safety practices, demonstrates complete respect for self and equipment, and proactively ensures a safe learning environment	Generally follows safety guidelines with occasional minor lapses; demonstrates moderate awareness of personal and peer safety	Inconsistently applies safety protocols, requires frequent teacher redirection, and shows limited understanding of safe exercise practices
Effort & Engagement	Consistently displays maximum effort, self-motivation, active participation, and demonstrates genuine interest in personal fitness development	Shows satisfactory effort and engagement for most of the class duration; participates without extensive prompting	Demonstrates minimal active participation, requires constant teacher encouragement, and shows limited commitment to physical activity
Sportsmanship & Social Skills	Consistently shows respect and works well with teammates, opponents, while controlling attitude during all situations	Occasionally demonstrates respect for teammates, opponents, and sometimes shows control of attitude during all situations	Struggles to show respect or positivity towards teammates, opponents, and does not control attitude during all situations
Block Day Self Selected Activities			
Weekly Bonus Point	Actively participates the whole time, stays on task and makes the most of the activities provided while using equipment properly	Participates most of the time, but may get off-task or need reminders while misusing equipment sometimes	Rarely or does not participate in any activity, is off task the entire time, refuses redirection, and misuses equipment

36 WEEKLY POINTS