

Course Syllabus

Tenth Grade Physical Education

Teacher: Miss Lamers
Room: Dependent upon activity
Planning Hours: To be announced

Dress/Participation

Daily 4-Point Scale (For everyday)

4pts-Dressed, Full Participation in Activity, Warm-ups/Stretching, Involvement

3pts-Dressed, Participation in Activity, Warm-ups/Stretching

2pts-Dressed, Lack of Participation in Activity, Warm-ups/Stretching, Noninvolvement

1pt-Dressed, No Participation

*-10pts Not Dressed**

-3pts-Each tardy (Does not include dress/participation)

***Dressed** = non-marking gym shoes, socks, shorts or athletic wear, pants/sweats, and PE shirts. Students with clothes that are offensive to the school or other students will be asked to change or remove the article of clothing. (No jean shorts or pajama bottoms)

****Not Dressed** = student may not participate in activity.

Students who do not dress will be handled on an individual basis. (-10pts for every non-dress)

Tardies – you will be marked as tardy if:

- are not in the locker room at the bell
- are not in your squad line 5 minutes after the bell

*4 tardies = SMR

Grades

50% Participation

25% Written Test

25% Physical Skill Test

100% Possible Score

Written Tests = Test will be vocabulary for the body, fitness terms, sport terms, rules of the game, and offensive and defensive strategies.

Physical Skill Tests = Skill tests, Fitness tests, and Running tests related to each individual unit.

Example – Basic skills necessary for participation (dribbling, serving, etc.)

Grading Scale

100 – 97 A+	79 – 77 C+
96 – 93 A	76 – 73 C
92 – 90 A-	72 – 70 C-
89 – 87 B+	69 – 67 D+
86 – 83 B	66 – 60 D
82 – 80 B-	59 – 0 F

Objectives and Goals

1. Able to assess your own personal fitness status in terms of cardiovascular, endurance, muscular strength, flexibility, and body compositions.
2. Participate in a variety of physical activities appropriate for maintaining a target heart rate for 20-30 minutes.
3. Correctly and safely demonstrate and perform various weight training techniques.
4. Participate in an individual fitness program, and sport related game designed by the teacher.
5. Understand advanced offensive and defensive strategies in target games, field/run/score games, invasion games.
6. Perform proper skills and form at all sport skills.
7. Understand and know rules for various individual sports.
8. Understand and apply knowledge and game strategies to game play.
9. Apply safe practices, rules, procedures and etiquette in all physical activity settings.
10. Understand and perform roles and duties related to the Sport Ed model.

Course Syllabus

High School Lifetime Recreation Elective

Teacher: Miss Lamers
Room: Dependent upon activity
Planning Hours: To be announced

Dress/Participation

Daily 4-Point Scale (For everyday)

4pts-Dressed, Full Participation in Activity, Warm-ups/Stretching, Involvement

3pts-Dressed, Participation in Activity, Warm-ups/Stretching

2pts-Dressed, Lack of Participation in Activity, Warm-ups/Stretching, Noninvolvement

1pt-Dressed, No Participation

-10pts Not Dressed*

-3pts-Each tardy (Does not include dress/participation)

***Dressed** = non-marking gym shoes, socks, shorts or athletic wear, pants/sweats, and PE shirts. Students with clothes that are offensive to the school or other students will be asked to change or remove the article of clothing. (No jean shorts or pajama bottoms)

****Not Dressed** = student may not participate in activity.

Students who do not dress will be handled on an individual basis. (-10pts for every non-dress)

Tardies – you will be marked as tardy if:

- are not in the locker room at the bell
- are not in your squad line 5 minutes after the bell

*4 tardies = SMR

Grades

50% Participation

25% Written Test

25% Physical Skill Test

100% Possible Score

Field Trips = Depending on class behavior we will try to go on field trips in the spring. I would like to go every week on block days. Everyone will have to turn in a release form signed by a parent in order to go on any field trip. There may be a cost for some field trips, which I will let you know ahead of time.

Participation = You are expected to dress and participate in all activities that we perform in class. Remember participation is a major part of your grade so I expect you to dress and be prepared for class everyday.

Set-up/Tear down = For this class you are not required to warm-up, but you are required to help set up all activities we perform in class and help take them down at the end of class. If not performed your grade will be effected. Please work as a class and help your classmates out. This will help the class run a lot smoother during the semester.

Grading Scale

100 – 97 A+	79 – 77 C+
96 – 93 A	76 – 73 C
92 – 90 A-	72 – 70 C-
89 – 87 B+	69 – 67 D+
86 – 83 B	66 – 60 D
82 – 80 B-	59 – 0 F

Objectives and Goals

1. Understand proper form for all basic and advanced sport skills.
2. Demonstrate strategies and apply biomechanical concepts and principles to analyze and improve performance of self and others.
3. Understand the rules, procedures and etiquette in recreational activities.
4. HAVE FUN!!!!!!!!!!!!!!!!!!!!!!

High School Summer Physical Education Class

All summer physical education classes will be going bowling on the following dates below at the Medina Bowling Alley. Each student will need to bring \$3 each time, which includes two games and shoes. Or what we would prefer is that you pay \$27 in advance which would cover all seven days we go bowling. If you do not wish to go or don't have your money you *WILL* stay back and walk the track during those days. Please make note of the dates below and be sure you have your money on that day. *(PLEASE BRING CASH ONLY)*

Bowling Days:

Fri 7/6, Mon 7/9, Wed 7/11, Fri 7/13,
Mon 7/16, Wed 7/18, Fri 7/20, Mon 7/23, Wed 7/25

GRADING:

Your grade will be based on the following four areas below:

- Track (20% of your final grade)
Each Monday & Wednesday we will be walking/jogging the track. You will need to remember the amount of laps you did that day and record them on your sheet. We will determine your grade base on the laps you did and on improvement.
- Mile Run (20% of your final grade)
Each Friday you will be required to run the mile and record your time on your sheet. We will look at your times and determine your grade base on improvement and your averages.
- Bowling Average (20% of your final grade)
On the days we go bowling you will be required to record your final score for EACH of the two games you bowled for that day. We will look at all your scores and determine your grade base on improvement and bowling averages.
- Behavior/Participation (40% of your grade)
Everyday you will be expected to participate in EVERY activity we do for class. We will be keeping track of your participation and behavior throughout the day for EACH of the activities we do. All four teachers will have a list of all the students and will be marking points off for any lack of participation or behavior problems with students or teachers.

Physical Education Teachers

Mr. Fasko

Ms. Lamers

Mr. Stobbs

P.E. Summer School – Schedule

DATE	TIME	LAMERS	STOBBS	FASKO
Mon. 7/9	8:15-9:00am	Volleyball (S)	Softball (F)	Tennis (L)
	9:10-10:00am	Volleyball (L)	Softball (S)	Tennis (F)
	10:00-10:30am	Track/Walk	Track/Walk	Track/Walk
	10:30-12:00pm	Bowling	Bowling	Bowling
Tues. 7/10	8:15-9:30am	Long Walk	Long Walk	Long Walk
	9:40-10:20am	Volleyball (F)	Softball (L)	Tennis (S)
	10:30-11:10am	Volleyball (S)	Softball (F)	Tennis (L)
	11:20-12:00pm	Volleyball (L)	Softball (S)	Tennis (F)
Wed. 7/11	8:15-9:00am	Volleyball (F)	Softball (L)	Tennis (S)
	9:10-10:15am	Track/Walk	Track/Walk	Track/Walk
	10:30-12:00pm	Bowling	Bowling	Bowling
Thurs. 7/12	8:15-9:30am	Long Walk	Long Walk	Long Walk
	9:40-10:20am	Volleyball (S)	Softball (F)	Tennis (L)
	10:30-11:10am	Volleyball (L)	Softball (S)	Tennis (F)
	11:20-12:00pm	Volleyball (F)	Softball (L)	Tennis (S)
Fri. 7/13	8:15-9:00am	Warm-up	Warm-up	Warm-up
	9:00-9:45am	Mile Run	Mile Run	Mile Run
	9:45-10:15am	Free Activity	Free Activity	Free Activity
	10:30-12:00pm	Bowling	Bowling	Bowling

Mon. 7/16	8:15-9:00am	Shellball (S)	Basketball (F)	Weights (L)
	9:10-10:00am	Shellball (L)	Basketball (S)	Weights (F)
	10:00-10:30am	Track/Walk	Track/Walk	Track/Walk
	10:30-12:00pm	Bowling	Bowling	Bowling
Tues. 7/17	8:15-9:30am	Long Walk	Long Walk	Long Walk
	9:40-10:20am	Shellball (F)	Basketball (L)	Weights (S)
	10:30-11:10am	Shellball (S)	Basketball (F)	Weights (L)
	11:20-12:00pm	Shellball (L)	Basketball (S)	Weights (F)
Wed. 7/18	8:15-9:00am	Shellball (F)	Basketball (L)	Weights (S)
	9:10-10:15am	Track/Walk	Track/Walk	Track/Walk
	10:30-12:00pm	Bowling	Bowling	Bowling
Thurs. 7/19	8:15-9:30am	Long Walk	Long Walk	Long Walk
	9:40-10:20am	Shellball (S)	Basketball (F)	Weights (L)
	10:30-11:10am	Shellball (L)	Basketball (S)	Weights (F)
	11:20-12:00pm	Shellball (F)	Basketball (L)	Weights (S)
Fri. 7/20	8:15-9:00am	Warm-up	Warm-up	Warm-up
	9:00-9:45am	Mile Run	Mile Run	Mile Run
	9:45-10:15am	Free Activity	Free Activity	Free Activity
	10:30-12:00pm	Bowling	Bowling	Bowling