

Santa Rosa de Lima

Physical Education Course Syllabus



Course Rationale

Physical Education is an essential part of a comprehensive educational experience that leads to a student's total development through various physical, intellectual, and social activities. The student will be involved in fitness activities and team/individual sports, emphasizing self-improvement, participation, and cooperation more than winning and losing. However, winning and losing are a part of P.E. coupled with the opportunity for positive social interaction and good sportsmanship, despite a win or loss.

Course Description

P.E. equips the student with skills, knowledge, attitudes, and competencies to carry out a healthy, active lifestyle for a lifetime. The student will learn to play different sports and games, health-related fitness components, and practical ways to be physically active while participating in the class.

<p style="text-align: center;"><u>Unit Plans</u></p> <p>Students will participate and become familiar with strategies/skills of the following activities:</p> <p>Tag, spatial awareness, stretching, health/nutrition, fitness, basketball, volleyball, soccer, Frisbee, and leisure activities.</p>	<p style="text-align: center;"><u>Grading System</u></p> <p>Daily Participation: 10pts/day Fitness Assessments: 10pts/week Periodic Health Assignments: 10pts</p>
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Grading Scale Breakdown

Daily Participation - **2 points** for each of the following components: **ready for class, PE uniform and tennis shoes, attitude, effort, & sportsmanship.**

1. **Ready for Class:** arrive to class on time, sit in the attendance spot, & no gum/candy.
2. **PE Uniform and Tennis Shoes:** bring or wear closed-toed, athletic shoes to class to be able to safely & fully participate in physical activity.
3. **Attitude:** positive body language & communication regarding others & during activities.
4. **Effort:** actively participates to the best of their ability, is self-motivated, & follows directions/rules.
5. **Sportsmanship:** modest & graceful with wins or losses, displays kindness, respect, encouragement, teamwork, & integrity.

Fitness Assessments - **10pts**

Throughout the semester - students will be able to gain a better understanding of students knowledge of how to run correctly to help maintain fitness in connection with various sports. .

Periodic Health Assignments - **10pts**

Throughout the semester - students will be given written/charted assignments regarding different aspects of physical and nutritional health.

Medical Excuses are expected if the student is unable to participate. There will also be an ***alternative assignment*** the student will need to complete to **earn the participation points for that day.**

Notes from Parents/Guardian for non-participation

- Written note, or email, with explanation for excuse from participation dated and signed by Parent/Guardian. **Please provide a copy of the note to the office.**
- Parent notes are only good for up to 3 days. After 3 consecutive days of notes from Parent/Guardian, a doctor's excuse will be required.

Doctor's Excuse

- Written note from doctor with explanation for excuse from participation signed and dated by the doctor. **Please provide a copy of the note to the office**
- Activities may be modified for the student with approval from a doctor.

PE Rules

- ✓ Students need to wait for teacher instruction to leave for PE class.
 - If Ms. Arnold is not on the yard, please wait until she is ready for the next class.
 - Please enter the PE area or Hall without running.
- ✓ No food, beverages, or gum are allowed on the yard. However, **please bring a Water Bottle.**
- ✓ Swearing or vulgar language will not be allowed at any time during class.
- ✓ No jewelry of any kind should be worn during physical activity.
- ✓ Treat others kindly and with respect.

If there are any ***medical conditions*** or any other issues that you would like to discuss with me, do not hesitate to talk to me either in person, via email(aarnold@srdlcs.com), or call the school at (818) 361 - 5096. Your call will be returned during our planning period, or at your convenience. I'm looking forward to the new semester!

Thank you,

Ms. Arnold

Please sign and date the lines below and return this slip to Ms. Arnold by the next physical education class your child has to show that you and your child have read through the syllabus.

Student Name: _____

Grade:_____

Parents Signature: _____

Date:_____