

Year 1 Physical Education
2021-2022 Spring Term Syllabus/Course Expectations

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The San Dieguito High School Academy Physical Education staff believes that every student can achieve excellence regardless of size, maturity, coordination, body type, or physical capability.

As a department, we are concerned with developing a young adult's positive attitude towards physical education that will last a lifetime.

'Coach Pec' strives to maintain an activity/standard based program, while teaching lifelong fitness in a safe and enjoyable environment.

My goal as an educator is to develop physically literate individuals who have the knowledge, skills, and confidence to become (and remain) physically active for life.

A Physically Literate Individual

- Uses a variety of skills to participate in physical activities
- Knows how to move and use strategies when they play games
- Knows and practices the skills that help them maintain a healthy lifestyle
- Acts fairly, responsibly, and respectfully when they participate in activities
- Knows why it is important to be physically active

(Adapted from SHAPE America's student-friendly National Standards for Physical Education)

Class Structure

Changing (10 minutes)

At the start of each class students will be given 10 minutes to change into comfortable physical education attire.

Dynamic Warm Up (10 minutes)

Each day different students will lead our Dynamic Warm. The warm up is designed to warm up the body for moderate/vigorous physical activity.

Fitness 15/Workout of the Day (10 minutes)

Each class will participate in a workout of the day. The workout of the day will be dedicated to building muscular strength, muscular endurance and flexibility. Workouts will be done with/without equipment and will be led by the teacher and students. Some of the equipment used will be: bosu balls, medicine balls, gliders, sand kettlebells, bands, Ab wheels, plyo boxes, scooters, agility ladders, step platforms.

Heart pumper (15 minutes)

Each class will participate in a heart pumper activity. The activity will be designed to increase the heart rate using a variety of cardio activities. During the course of the year, this activity will be led by the teacher and in some cases the students will design the activity.

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Activity Unit Essential Learning Outcomes (30 minutes)

Each unit will be broken down by ELO's and each student will be introduced to the rubric/assessment that will be used for achievement. During each class drills will be designed to make sure each student gets practice towards mastering the ELO. Achievement will be measured by the following: cognitive tests, essays, graphs, journals, logs, performance tasks, projects, reports, skill and performance rubrics, skills tests, structured observations, and student video production and/or individual/group analysis.

Activity units are based around the National Standards below:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Closure (5 minutes)

Different students will lead our cool down stretches. This will also be a time for students to self assess their learning for the day.

Changing (10 minutes)

Students will have the remainder of the period to change out of athletic close and cool down before leaving the physical education area.

PE & California State Health Standards

This course fulfills a one-year PE class requirement and the online Health component requirement by the state of California necessary for graduation. Health Education units consist of Health & Wellness Basics, Nutrition & Physical Health, Personal & Community Health, Growth, Development & Sexual Health, Skills for a Healthy Relationship and Mental & Emotional Health, Tobacco and other drugs. Bullying, Safe Driving, Emergency Preparedness, Personal Hygiene, Gender Identification & Sexual orientation along with Self-defense/awareness will also be addressed. Students are expected to complete each unit and the quizzes prior before each (monthly) with online tests - which will be

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administered during the school day through the online program **Edgenuity** which students access through my.sduhsd.net site. Parents, please contact Mr. Pec directly if any of the following units conflict with your beliefs. I will do everything I can to make sure my class curriculum does not cross your personal boundaries.

- **Unit A** Final on February 10 (Mental and Emotional Health)
- **Unit B** Final on February 24, 2022 (**Growth, Development, & Sexual Health Unit**)*
- **Unit C** Final on March 24, 2022 (Personal and Community Health)
- **Unit D** Final on April 28, 2022 (Nutrition and Physical Activity)
- **Unit E** Final **completed by** June 6, 2022 (Skills for Healthy Relationships)

PE Clothing, Lockers and Theft

PE students are required to have plain clothes for daily use - including a t-shirt, athletic shorts , yoga style pants, and securely laced shoes. *Examples of unacceptable attire include volleyball shorts, cut off tees, and sports bras without a shirt.* **SDA's Dress Code must be followed at all times.**

Each student will be issued a lock & locker to store and lock their belongings during PE class. *The PE Department suggests that expensive items are NOT brought to school as there are thefts from locker rooms. The school is not liable for any lost or stolen items brought to school whether they are locked or not locked. **NO CELL PHONES** unless previously stated for class assignments. Phones are to be locked in your locker.*

Graduating SDA students will complete 20 units of PE coursework

Assessment and Evaluation

(50% participation/20% Common Core/30% Edgenuity)

Students' grade is based on assignments, physical assessments and peer evaluation. Students can earn up to **3 points per day** in PE class. Points are awarded for active and engaged participation, which means working hard, positive attitude, not sitting down and working respectfully with your teacher and others. There is no 'extra credit'. Every student who comes to class earns 1 point for the day for showing up **Up to (3) PRIDE** points (**P**ersonal **R**esponsibility **i**n **D**aily **E**fforts) are earned for dressing out appropriately, being on time and participating in the warm up.

- **A = Outstanding; 90-100%.** Demonstrates a profound commitment to the course material and participates in Warm Up and willingly engages in dance activities exhibiting a positive attitude and enthusiasm towards the daily lesson. Initiates and tries new activities and ideas. Shows appropriate etiquette, citizenship, language, and maturity.

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- **B = Good;** 80-89%, Participates in activities and displays a positive attitude in a conscientious and dedicated manner. Shows appropriate etiquette but may lack motivation at times, takes breaks from participating in activities.
- **C = Satisfactory;** 70-79%, Attends class. Participates in activities with minimal effort. Tries new activities and challenges when given peer or teacher support. Works with others co-operatively and is respectful to classmates but falls short of demonstrating rigor and mastery. Every student begins the PE class period at this level. Cell phone use interferes with success in class.
- **D/F = Needs Attention;** 0-69%. Student chooses to not dress out and/or participates only when encouraged. Student comes to class unprepared both mentally and physically. May display effort only in activities of their personal interest. Student is reluctant to try new challenges and misses class. Student fails to fulfill the requirements of the course as listed in syllabus.

Make Ups/Medical Doctors' Notes

The following are guidelines for students who are unable to participate in P.E. class due to injury or extended illness.

1. A physician's note is required if an absence from P.E. extends past three class sessions.
2. The physician's note will need to include any modifications or restrictions on physical movement.
3. The P.E. teacher will attempt to modify the student's P.E. program to meet the guidelines of the physician.
4. If modifications cannot be made, the student will be temporarily exempted from P.E. as provided by Ed. Code 51241. At the time of exemption, the student will exit and re-enter P.E. with the grade earned at the time of injury. During the period of exemption, the student may be assigned as a Teacher Aide.
5. If the injury extends past five weeks (for traditional semester schedule) or 12 class sessions (for the 4x4 schedule) during the semester, the student will be given a temporary exemption for the current semester and will be dropped from the current P.E. class if no modification can be made. If accommodations can be made, they will return to the P.E. program.