

Physical Education Syllabus

Yearly Plan

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Physical Education Philosophy:

Physical Education is an important part of the total educational program. Students participate in physical activities that allow them to develop an understanding of the physical abilities of themselves and others. Students become aware of the social benefits of physical activity through participation. The mental and emotional benefits of physical activity become evident when an active role in physical activity is encouraged.

The total development of students is the goal of the educational system. Physical Education is a vital part in reaching this goal. A variety of activities are incorporated into the physical education program. Activities vary from creative movement to lifetime sports. The age level of the individuals is a factor determining what activity is to be provided, but the outcome at any level should be the same.

All students have the need and right to enjoy the benefits of physical activity. Through a creative and well-rounded physical education program, students will benefit.

Weightlifting is designed to give you a basic understanding of and appreciation for strength training as well as for cardiovascular fitness. Throughout the course of the semester you will be exposed to many different training principles, benefits of strength training and current training issues. Some issues of importance include: basic muscle physiology (including bone, muscle, and connective tissue), proper warm-up (including flexibility and stability), training methods and modes (including safety issues and spotting), nutritional factors in performance and health, basic cardiovascular and respiratory anatomy and physiology, psychological benefits of exercise, as well as many more.

- Goals:** The students will know and demonstrate the proper techniques of each sport and unit covered.
2. The students will know the rules and regulations of each lift and unit covered and be able to recognize them on an end of the unit assessment.
 3. The students will treat each of their classmates with respect by providing encouragement, feedback, teamwork and reinforcement throughout the entire course.
 4. The instructor will promote lifetime health and fitness awareness.
 5. The instructor will create an environment where students feel safe and comfortable during class.

Learner Outcomes:1. Demonstrate proper safety procedures and use of equipment in the weight room.

2. Understand basic strength training principles and terminology.
3. Be able to identify lifts used for developing specific muscle groups and body parts.
4. Be able to understand physical development resulting from a sound strength training program.
5. Demonstrate proper lifting and spotting techniques while using the weight room.
6. Use technology to assess fitness levels and evaluate progress toward attainment of goals.
7. Improve Core Strength.
8. Strive for balanced muscular development.

9. Improve work capacity.
10. Make conditioning a part of their daily routine.

Physical Activity and Health

1. The students will complete the exercises in warmup drills for a time.
2. The students will be able to complete each task of the fitness circuit in an allotted time.
3. The students will perform each exercise in warm up to increase heart rate.
4. The students will be able to identify possible injuries resulting from poor exercising.
5. The students will remain in the push-up position for at least 20 seconds without resting during exercise formation.
6. Utilize health and fitness technologies to develop a healthy lifestyle.
7. Utilize safe practices when participating in physical activities.
8. Compare goals for attaining and maintaining fitness.
9. The students will identify and list ways of maintaining a healthy lifestyle.

C. Facilities:

This physical education program will provide a facility that is safe, clean and well taken care of. The facility will also create an environment where students feel safe and comfortable to participate in. The facility used will change according to sport offered during the unit.

Grading will be based on the following:

| Assessment Area | | How Students Will Be Assessed |
|--------------------------------|-----|--|
| Participation/Daily Activities | 80% | Exercise, practice, activities, drills, and games |
| Skills | 10% | Evaluation of skills |
| Written Work/Tests | 10% | Assignments or written tests to reinforce concepts |

E. Equipment:

The equipment needed for this physical education class will be shuttle run blocks, stop watch, sit and reach box, score sheets for unit, heart monitors, pull up bars, cones, paper, pencils, jerseys, soccer balls, shuttlecock, court equipment for each unit, flags, footballs, bowling balls mallets, wickets, balls, stakes, bats, softballs RIF, tables for tennis, ping pong tables, basketballs, arrows, compound bows, recurve bows, hockey puck, hockey sticks, softball glove, volleyballs and radio. By providing equipment for each unit will help to improve the overall class.

F. Curriculum:

The physical education curriculum is designed to meet the needs of every student who participates in a quality physical education program. The curriculum is developed to also improve skill development, cognitive development, social development, and increase physical activity. The instructor will be required to assess the curriculum, to determine whether the methodology is right to use. But it is also

true that the way in which a certain topic is taught habitually resolves what is actually taught. This is why it is very important to plan or develop a curriculum that will enlighten all students.

G. Program Assessment:

The program assessment will begin with the Alabama Course of Study Conceptual Framework. This will require students in physical education knowledge, skills and applications for each grade and course. The program assessment gives teachers and student's standards, guidelines, check list, accountability, assessment teams to visit instructions, new teacher ideas, better student performances and principal leadership. Furthermore, the teacher decisions are also primarily on ongoing individual assessments of children's performance as they participate in physical education classes. The information is used to individualize instruction, plan curriculum and weekly lessons, communicate with parents, identify children with special needs, and evaluate the program's effectiveness.

Medical Excuses

All medical excuses should be reported to the coach by a written note. The following is required on the note: student's name, date, phone number, specific limitations and written by parent or legal guardian with signature. More than 3 days on a medical excuse will require a note from a physician. **Please sign and return to your P.E. Teacher**

____ My child has no known physical problems or conditions and CAN participate in Physical Education

____ My child HAS a physical or medical condition that will interfere with physical activity and is indicated below.
(Please make _____ copies of any document from a physician.)

Parent Signature: _____

Date: _____

PHYSICAL EDUCATION SAFETY CONTRACT

I agree to:

- Act responsibly at all times.
- Follow instructions given orally by my teacher.
- Carry out good housekeeping practices in the gym, classroom, and school.
- Notify my teacher immediately of any injury or emergency.

- Follow all severe weather and lock down procedures.
- Wear some type of closed toe shoe with rubber soles. (No flip flops or sandals)
- No loose jewelry.
- No horse play.
- Any violations of this contract will be grounds for immediate disciplinary action.

Consequences:

- 1st offense- verbal warning
- 2nd offense- The student has to sit out for 5 minutes.
- 3rd offense- the student has to sit out for 5 minutes and loses 10 points which will result in a 90 for the day.
- 4th offense- the student has to sit out for the entire p.e. class and a parent conference will be arranged.
- 5th offense- office referral

(Return this portion to your teacher)

I, _____ (print name) have read each of the statements in the Physical Education Safety Contract and understand these safety rules. I agree to abide by the safety regulations and any additional written or verbal instructions provided by the school district or my teacher. I further agree to follow all other written and verbal instructions given in class.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____