

Title of Course: Physical Education

Teachers: Ms. Smith, Mr. Bonsu

Summary of Course Content and Skills to be taught: Instruction in a variety of physical education skill sets: Cooperative Activities, Invasion Games, Striking, Fitness, Target Games, and Lifetime Activities.

Materials Required:

- **Sneakers:** Students will be required to bring sneakers to PE class every day. For the safety of each student it is important that students refrain from wearing sandals, boots, flats, or heels during any PE class. In addition, students are expected to keep their shoes on at all times during class unless directed by the teacher during a yoga, relaxation, dance, or other lesson.
- **Outdoor Apparel:** Every four weeks PE classes will take place outdoors. Students should wear **layers** (short sleeve, long sleeve, sweatshirt, etc.) so they can be prepared for varying temperatures. Students should wear **sunblock** (no lower than 30 spf) to protect against the dangers of UV rays. If a student has any allergies that requires him/her to carry an **epi-pen** then that students must bring the epi-pen outdoors.

Daily class structure:

- **Move Time:** Students enter the class and immediately start moving in a way of their own choosing. Some options may be basketball, volleyball, yoga, jump rope, strength training, dance, four square, taps, catch, etc. Move Time serves multiple purposes. It will encourage students to stay active in ways that are enjoyable to them and to support life-long fitness. It will serve as an avenue for social skills development where peer to peer conflict resolution is fostered. Lastly, it will be an avenue to warm up the body for activity.
- **Group Stretch:** the whole class will take part in a 5 minute stretch (usually dynamic, movement stretching). Stretching is important for flexibility which prevents strains and tears to your muscles, joints, and ligaments.
- **Whole Group Activity:** Class will participate in a whole group activity where skills, concepts, and ideas are taught. Examples of skills, concepts, and ideas to be taught are: serving and returning in volleyball, passing and shooting in floor hockey, offense vs. defense, team building.

Grading Process: See Attached form "PREPP Points"

By signing and returning this bottom portion of the form I acknowledge reading and understanding the concepts presented in this course description.

Parent or Guardian Signature _____ Date _____

Student Signature _____ Date _____

Students will be graded based on the PREPP traits, found in the table below. They will complete this table in a self-assessment fashion on a daily basis teachers will enter grades into PowerSchool on a weekly basis.

Prepared 10 Points	<ul style="list-style-type: none"> I come to class with sneakers. 					
Respectful 5 Points	<ul style="list-style-type: none"> I use equipment appropriately. I conduct myself properly in all settings and with all people. 					
Engaged 10 Points	<ul style="list-style-type: none"> I participate to the best of MY ability for the entire duration of class. 					
Positive 5 Points	<ul style="list-style-type: none"> I find something encouraging to say to my peers. I use encouraging behavior to find enjoyment. 					
Persevere 5 Points	<ul style="list-style-type: none"> I find ways to overcome obstacles that I face daily. 					