

COURSE SYLLABUS

Course Title: 11-12 Competitive PE

Textbook(s) & reference materials: The Sports Rules Book
Human Kinetics @ 1998

Course Description:

This course is designed for students to participate in competitive activities while demonstrating specific skills. The curriculum includes a variety of competitive sports and physical fitness tests that are team and individually centered. Students are expected to participate at a high level with the goal of maintaining a heart rate within an aerobic zone.

Course Content:

Team Sports: Volleyball, Tennis, Table Tennis, Badminton, Pickle Ball, Basketball, Football, Lacrosse, Floor Hockey, Field Hockey, Soccer, Handball, Softball, Speedball, Ultimate Frisbee

Physical Fitness: Beep test, Push-ups, Shuttle Run, Sit & Reach, Sit-ups

Course Requirements:

Attire:

- T-Shirt that is school appropriate: no buttons, zippers, snaps, cutoff sleeves, or tank tops.
- Shorts/ sweatpants: School appropriate length, no buttons, zippers, and snaps.

Jewelry:

- Jewelry of any kind is not permitted in PE class.

Doctor excuses:

- Doctors must state SPECIFIC limitations on activity along with a TIME FRAME.
- If no activity is permitted, students will be given an alternative assignment.

Class Make-ups

- Students may make up classes if they go beyond the four excused absences allowed for a quarter, or if they did not come prepared for class.
- Make-ups must be completed within five school days of the fifth absence or an unexcused for class. Students are only allowed are only allowed to make up 3 unexcused absences. Four unexcused absences result in failure for the quarter.

Grade Components/Assessments: The grading component is broken up into 4 categories.

Physical Fitness Component **15%**

This consists of 5 fitness tests including;

- Beep Test (Cardiovascular Endurance),
- Shuttle Run (Agility),
- Sit and Reach (Flexibility),
- Modified Crunches (Muscular Endurance & Strength),
- Push-ups (Muscular Endurance and Strength).

Knowledge **15%**

Students will be evaluated by written tests given by the teacher based on information taught in class. Students are responsible for making up any missed tests on EXCUSED absences only.

Skill **20%**

Students will be evaluated on a designated skill for each specific unit. This will be done by teacher evaluation and/or skill test.

Preparation/ Participation/Sportsmanship **50%**

Students must pass this section in order to pass for the marking period. This component is evaluated by the teacher and based on: students ability to work cooperatively with other students, level of participation in activity. No make-ups are required for the first 4 excused absences.

Letter grade deduction apply for the following:

- Not making up required class
- Unprepared for class
- Unexcused absences

Alternative Assessments:

Physical Education Menu Board Activities: Students will choose from a list of activities that includes (not limited too) a variety of assignments ranging from criss-cross puzzles, interviews, research papers, advocacy papers, in class observations, observing sanctioned sporting events, flip books, etc.

Pathway:

Physical Education is appropriate for pursuing both a traditional or technical pathway. This course meets required State Standards as well as district standards, all students must have Physical Education. Physical Education also prepares the students to lead physically active lives and promotes lifelong fitness. Therefore, Physical Education is appropriate for students who are planning to attend a four-year college, technical institute, or the work force.

Required Summer Readings: none