

PHYSICAL EDUCATION SYLLABUS

2020 FALL SEMESTER

INSTRUCTOR INFORMATION

Instructor	Email	Office Location & Hours
Devon Crowder M.ED	dcrowder@henry.k12.ga.us	Gym 8:00 – 4:15

GENERAL INFORMATION

DESCRIPTION

The purpose of this course is to develop competence in: physical fitness, body management skills, participation in team sports, developing a long-lasting healthy lifestyle, social behavior, and strategies for physical activities. We will cover the 5 components of health related fitness:

1. **CARDIORESPIRATORY ENDURANCE**-is the ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity.
2. **MUSCULAR STRENGTH**-is the maximum amount of force a muscle can produce in a single effort.
3. **MUSCULAR ENDURANCE**-is the ability of the muscle to continue to perform without fatigue.
4. **FLEXIBILITY**-is the ability to bend and move the joints through the full range of motion.
5. **HEALTHFUL BODY COMPOSITION**-is a high ratio of lean tissue to fat tissue in the body.

EXPECTATIONS

It is mandatory that you participate in all P.E activities daily. It is expected that you will understand and display sportsmanship throughout the semester while involved in team sport activities. It is expected that you follow all classroom/school rules as outlined in the Henry County Schools student handbook.

RULES

1.Listen and follow all directions from your PE instructor. 2. You may not leave the gym or field without permission. 3. Participate in all class activities 4. Be on time for class 5. Keep hands to oneself 6. Be responsible for personal belongings 7. No food, gum, or any liquids are allowed. 8. You may not wear boots, flip-flops, sandals, slides, etc. during Physical Education instructional times. 9. Sagging of the shorts or pants is prohibited. 10. Once the whistle is blown, all P.E activities need to cease. 11. You may not leave the gym once class has begun to retrieve anything needed for class.

CHANGING PROTOCOL & HIGHLY SUGGESTED P.E ATTIRE

Students will have an opportunity to change into clothing conducive to physical education. At the beginning of class, students will go into the locker room and have 5 minutes to change into their P.E attire. This is optional. During the last 5-10 minutes of class, students will have the option to change clothing again. Suggested attire for boys and girls: athletic shorts/pants, athletic shoes that have ankle support, and a t-shirt.

GRADING

ON-GOING CULMINATING TASKS: 40%

Students will consistently participate in unit topics, concepts, fundamentals, and sports daily. While students learn these concepts, their daily task is to show evidence of these practices through the team sport or unit. Every day students will have an opportunity to earn 10 points. Every day there is a warm-up, upper body conditioning, mid-section conditioning, lower body conditioning, cardiovascular conditioning, and participation in the team/individual sport/game for the day. The warm-up/upper/middle/lower conditioning is worth 2 points. Cardiovascular conditioning is worth 3 points. Sport/game of the day is worth 5 points. If students do not participate (due to discipline, choice, inappropriate attire, etc..) they will receive a 0 for the day.

Workout Sessions: You will have an opportunity to score 10 points for every workout that is held. Scoring will be as follows:

10-9 = Full/Complete Workout

8-7 = Most of workout

6-5 = Part of workout

4-3 = Minimal effort

2-1 = Very low effort put towards the workout

0 = Did not workout

If you miss a workout, you can record yourself at any time doing a previous workout and submit it to Coach Crowder.

PRACTICE WORK (FORMATIVE ASSESSMENTS) 40%

At the close of a unit, students will be assessed over the lessons covered (what's the purpose of a pass in volleyball, what are two ways a travel violation happens in basketball, etc..).

SEMESTER SUMMATIVE TASK (SEMSTER FINAL) 20%

At the close of the semester, students will be assessed over all units covered in Physical Education.

EXCUSED NON-PARTICIPATION

Students who have a doctor's/parent note stating that the student may not participate in Physical Education are the only students who have permission to sit out of P.E for that day/days specified by the doctor.

CHOOSING THE BEST & FITNESSGRAM

During the semester, we will transition into a Sex Education curriculum entitled "Choosing the Best". The curriculum will last just a little over two weeks. Details of this curriculum can be found at www.choosingthebest.com. We will also spend just a little over two weeks this semester in FitnessGram, a measure of some things that you can do physically.