

Competitive Games Syllabus
Reynolds High School – School Year 2023-2024 – Semester 2

Instructor: **Zac Collins**

Bachelor of Science Community Health Education

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Course Description:

Comp Games Class provides the knowledge and skills of physical activities that will promote life-long fitness. Students will have the opportunity to participate in a variety of activities in a safe and effective manner. They will become aware of the rules and follow these rules during class. They will demonstrate good sportsmanship/citizenship and have a positive attitude towards fellow students and the teacher.

Standard 1: Individual demonstrates competency in a variety of motor skills and movement patterns. **(Classwork Grade assigned at the end of a Unit. Warm-ups and Specific skills)**

Standard 2: Individual applies knowledge of concepts, principle, strategies and tactics related to movement and performance. **(Mastery Grade assigned weekly through participation in class)**

Standard 3: Individual demonstrates the knowledge & skills to achieve & maintain a health-enhancing level of physical activity & fitness. **(Mastery Grade assigned weekly through participation in class)**

Standard 4: Individual exhibits responsible personal and social behavior that respects self and others. **(Classwork Grade assigned at the end of a Unit)**

Standard 5: Individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. **(Mastery Grade assigned weekly through participation in class)**

Materials Needed for Class

1. **Fitness attire:** recommend black bottoms and gray tops (no tank tops, cut off shirts, or jeans)
2. **Comfortable Shoes** to be able to move freely and not slip or fall off.
3. **Water bottle:** recommended
4. **Planner:** On Mondays we will write the plan for the week.

What will it look like?

Students have 5 minutes at the beginning of class and 7 minutes at the end of class for changing. During activity time there is Exercise & Movement! We will complete activities involving individual and group tasks. There is a focus on development and growth of motor skills and movement promoting life-long fitness and specific skills for activities. We will evaluate of fitness level and set growth goals for improvement.

Grading will be based on the following:

1. **Mastery 70%:** Participation in Fitness activities working towards goals. Drills and Games to practice and demonstrate skills, and create habits of regular fitness.
2. **Classwork 30%:** Assessment of basic fitness and locomotor skills. Fitness Assessment and Goal Setting, and Working with others in strategy of games/activities.

Grading Scale	Grades will be entered into StudentVUE/ ParentVue as LETTER
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Grade Percentage	Letter Grade	Description
100-90	A	The student fully understands the content and the course objectives have been mastered.
89-80	B	The student understands the content and course objectives at an above average level.
79-70	C	The student understands the course content and course objectives at an average level.
69-60	D	The student does not understand the course content and a minimum of course objectives are met.
59-50	F	The student has not met a sufficient number of course objectives to pass a minimum level and receives no credit .

Units covered this semester

Units:	Soccer, Ultimate Frisbee, Football, Rec Games/Hockey, Basketball, and Net Sports (Pickleball, badminton, and volleyball). Each unit is approximately 3 weeks in length.
Mastery Assessment:	Weekly Drills, and Team Games. Workout Logs for making up absences.
Classwork Assessment:	Fitness and Skill Assessment to demonstrating basic concepts and growth in activities. Working with others in small groups toward strategies in a game.

Classroom Expectations-POWER

RAIDERS HAVE POWER

Raiders are:

P--- Punctual and Prepared	Be to class on time
O--- Organized	Have fitness clothes and shoes and be ready for class.
W---Writers	Complete Workout Log when absent & TWA
E--- Engaged	Actively participate through listening, movement, and communication
R--- Respectful	Respect others. Follow Class Norms established for safety of self & others.

Other Important Things to Know....

1. If you miss class, we will work together to get caught up! Complete Workout Log.
2. Late Work will be accepted with no Penalty to Grade.
3. Missing Class could cause grade reduction.
4. Attendance will be taken.
5. Must be in class for Fitness Assessment, Skill Assessment, and observation of Working with others.
6. Cell Phones are not needed in class. Backpacks are to be locked up in locker room.