

PE 9 Syllabus

Reynolds High School – School Year 2023-2024 – Semester 1

Instructor: **Chris Zeller**

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Bachelor of Science: Exercise Sports Science



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Course Description:

PE 9 Class provides the knowledge and skills of physical activities that will promote life-long fitness. This is a semester course meeting half the physical education graduation requirement. The following are a list of State Standards that each student will be assessed on during this course. This is shown in gradebook.

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 6 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**

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, Basketball, and Net Sports (Pickleball, badminton, and volleyball). Each unit is approximately 3 weeks in length.
Fitness:	Fitness will be evaluated monthly and through testing and goal setting. Daily activities will be provided to support meeting goals. Fitness Test include: Pacer Endurance, Plank Hold, Push-up, 3-minute Jump Rope Test, and Mile Run.
Mastery Assessment:	Weekly Fitness Workouts, Drills, and Team Games. Workout Logs for making up absences.
Classwork Assessment:	Fitness and Skill Assessment to demonstrating basic concepts and growth in fitness level. 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 & Fitness Assessment & Goals

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.

