

OLHMS PE Syllabus

Physical Education

6th, 7th and 8th Grade

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A dynamic and supportive environment that ignites lifelong learners who embrace diversity and contribute positively to our community and global society.

Preparing today's learner for tomorrow's world

Physical Education Philosophy:

Physical Education is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is our goal that students will know the benefits of their choice to be involved in physical activity and have a mindset that values physical activity and its benefits in sustaining healthy lifestyles.

Through this physical education program, it is paramount that students learn a variety of important life skills that include movement skills, knowledge, and behavior/ social skills over the course of each school year. Some of these include: locomotor, non-locomotor and manipulative skills, team-building, social interaction skills, and cognitive concepts linked to fitness, wellness, skills development, and social skills appropriate to each grade/ development level.

Course Description:

Physical Education class is designed to practice and develop skills in activities that will help students maintain fitness throughout their life. Throughout the year students fitness levels will be taught and assessed in the following areas: cardiovascular endurance, flexibility, muscular strength and muscular endurance. From these assessments we will develop a baseline in which we will use to set personal fitness goals. We will explore fitness activities designed to improve all areas of fitness. Our goal is that by the end of the year students will improve their scores on their baseline fitness tests through regular cardiovascular endurance training, muscular endurance training, and activities designed to increase current levels of fitness. Students will be introduced to life-long activities designed to increase their likelihood of exercising in the future. Students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health.

Major Learning Outcomes:

- Students will be able to explain how to perform at least 2 basic skills needed to play during units of study.
- Students will be able to explain what components of fitness are needed to play during units of study.
- Students will be able to demonstrate teamwork during drills and game play.

- *6th Grade students* will be able to explain the basic rules needed to play a game.
- *7th Grade students* will be able to identify basic strategies of game play.
- *8th Grade students* will be able to apply and demonstrate strategies of game play.

5. Daily Procedures

Each day, students will...

Class Expectations:

- Participate in class:
 - Students who put forth the effort during class will develop the skills needed to do well in class.
 - Students should participate and be active throughout the duration of class in order to receive full credit.
- Positive Attitude/Behavior: Students must exhibit a positive attitude and good behavior every day.
 - Respect for teacher, classmates, self and equipment is required.
 - Students will be introduced to new games and skills. Everyone is on different levels.
- Students are **REQUIRED** to be prepared for class each day by having proper gym shoes and proper attire.
- Students will need to check Google Classroom periodically to access resource sheets for each unit and vocabulary sheets.

Units:

- Core Units:
 - Team Handball, Fitness Testing, Warrior Challenge, Movement, Hockey, Soccer, Basketball and Volleyball
- Units that vary from year to year:
 - Ultimate Frisbee, Flag Football, Speedball, Softball, Bowling, Backyard Games, Lacrosse, Golf, Track, Pickleball and Badminton.

STANDARDS:

- **STANDARD 1:**
 - Daily points:
 - Each day students earn a 4,3,2 or 1
 - Rubric for Daily participation:
 - 4: I did all that was asked and MORE during the lesson.
 - 3: I did what was asked of me during the lesson.
 - 2: There was more I could do during the lesson.
 - 1: I did not do what should have been done during the lesson.
 - Students must be present and prepared for class to meet all expectations to earn points for the day.

- **STANDARD 2 & 3:**

- Written Assessment Rubrics are on google classroom as well as on each assessment.

- Assessments:

- Students will take a formative assessment during each unit.
- 1 written assessment will be given at the end of each Trimester.
- Students who are absent that day can make it up when they return. (It is the student's responsibility to talk to the teacher when they return)
- Retakes will be allowed after student talks to teacher and fills out a retake form, which needs to be signed by parent or guardian.

- Vocab:

- Standard 3 will be assessed on written assessments by students identifying and connecting vocab words to each unit.

Student that are medically excused:

- Students will be expected to complete alternative assessments during the duration of the medical leave.