PE 10/20 Course Outline

Mrs. Weber

2012-13

**Objective**:

In Physical Education, students will develop a better understanding of the capabilities of the human body as well as creating more rounded sense of wellness.

**Expectations:**

Students will be expected to take part in all units and attend all classes. Students are expected to conduct themselves in a respectful, safe and caring way. They will maintain their own as well as the safety of their peers at all times. Students are expected to come prepared to learn. This means being changed and ready to go when the bell rings. Appropriate clothing includes: t-shirts, shorts, socks, and shoes. Students are also expected to participate to their fullest extent in all classes. This means attitude as well as physical participation.

**Activities**:

\* Note: This is an outline. There may be additions or subtractions to this list.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| September | October | November | December | January |
| Cooperative Games  Volleyball  Soccer  Rugby | Walking/ Jogging  Yoga  Handball | Fitness/ Crossfit  Weight Training  Rock Climbing  Basketball | Gymnastics – floor exercise  educational  First Aid – emergency  Low Organization Games – net/wall  target | Badminton  Dance – social, line, new age   Snow Activities – snowshoeing – cross-country skiing  Creative Games |

**Safety:**

Safety in the gym is of the utmost concern. If at anytime, a student is compromising the safety of themselves or their peers they will be removed from the activity. This could potentially be reflected in a 0% for the entire unit, if so decided upon by the instructor.

**Evaluation**:

Students will be evaluated based on numerous different assessments. These range from rubrics to peer assessments and self-reflections. There will also be projects and small assignments. Students are observed at all times and this reflects in their overall evaluation as well.

Unit Evaluation………..……85%

Assignments/projects……10%

Quizzes……………………….…..5%

**My Message:**

I maintain that attitude is the MOST important determinant of your success in life. Bad attitudes are not tolerated in my classroom; this includes the gym. Give it your best effort, and that is nothing more that I could ask for. Try everything once, push yourself, and most of all…..HAVE FUN!

I look forward to a year of sweaty fun with all of you!

* Mrs. W

**Student Contract**

I agree to the terms of this class as outlines by the instructor Mrs. Weber. I agree to give nothing less than my best at all times and to come prepared for class in appropriate gym attire. I also agree to maintain a SAFE AND CARING environment for my peers and friends.

Participant Signature

Date