

Freshmen/Sophomore Physical Education

1/4 Credit

1 Semester

Text: None

Prerequisites: None

Course Description, Content, and Format:

The ultimate goal of physical education is to develop physically fit students who demonstrate effective communication and sound decision making skills. Over time, these students will take what they get from MHS physical education and become physically active adults who pursue a fit lifestyle.

Fr./So. Physical Education's primary focus is on cardiovascular endurance. Students will leave this course understanding that cardiovascular endurance is the most important component of health related fitness. Fr./So. Physical Education emphasizes aerobic exercise and fitness activities that lead to improved cardiovascular endurance. Polar Heart Rate Monitors are used to help students understand the concepts of frequency, intensity, and time and how they relate to cardiovascular fitness. Students learn that when they do an aerobic activity that gets their heart beating in their training zone for twenty minutes or more at least three times per week, their level of cardiovascular fitness will improve. Fr./So. Physical Education also incorporates a variety of team sports, individual sports, and recreational games/activities to keep students active. While the core focus of physical education is physical well-being, Fr./So. Physical Education reinforces the fact that physical activity promotes mental, social, and emotional well-being.

Fr./So. Physical Education uses a 60-40 approach to our daily activities. Approximately 60% of class time is devoted to aerobic workouts using Polar Heart Rate Monitors to ensure cardiovascular benefits for all students at all levels of fitness. The remaining 40% of class time is spent doing various team sports, individual sports, and recreational games/activities to promote the concept of a physically active lifestyle

Course Expectations:

The expectations of all physical education classes is active participation. If students are to achieve the immediate and long-term benefits of physical education, they must actively participate on a regular basis.

CLASSROOM REGULATIONS

Physical Education is a participation class and all students are expected to dress daily. Students must have parent verification of illness or injury in order to not participate.

1. P.E. UNIFORM: The P.E. Uniform consists of the official P.E. shirt and gym shorts (shorts must be worn above the hips with the waistband at the waist level), socks, and tennis shoes. Athletic Supporter for boys/supportive bras for girls is recommended. The P.E. Uniform will be required of all students. Torn or ripped uniforms must be repaired or replaced, to the instructor's satisfaction, within two (2) days. Failure to dress will result in an unexcused absence. P.E. Uniforms must be washed weekly.

NOTE: If your uniform is LOST or STOLEN, you will have two (2) days to replace it with an official uniform. You will lose participation points for the days without a uniform. If no official uniform has been purchased by the third day, then you will be given an unexcused absence for that day and each day thereafter. **NO SUBSTITUTE UNIFORM WILL BE ISSUED**

2. Students having a doctor's medical excuses for one week or longer will be referred to the counseling office for reassignment to study center for the duration of the excuse. It is the responsibility of the student to return to class at the conclusion of their medical excuse. Failure to do so will result in an unexcused absence.

3. Jewelry: For safety reasons, it is highly recommended that all jewelry should be removed before coming to class. If an injury occurs as a result of the jewelry you are wearing, the school is not responsible.

4. Students must report to class in official uniform **ONLY**. Students may wear sweats suits, sweatshirt, sweat pants; however these may not be put on until roll has been taken. (Blue jeans jackets, sweaters, or flannel shirts will not be allowed.)

5. Each student must actively participate for SIX out of the NINE-week's grading period in order to receive a passing grade.

6. Receive permission before leaving class FOR ANY REASON.

7. Report all injuries immediately to your instructor, regardless of the severity.

8. Long Lockers are used **ONLY** during your class period. **DO NOT** share lockers.

9. Do not tell anyone your locker combination. If you lose your lock, you will be charged **\$5.00** for a new lock.

10. The **SCHOOL IS NOT RESPONSIBLE** for lost or stolen clothes, money or other articles left in the lockers. **DO NOT** bring money to your class.

11. No food or drink is allowed in the locker room or gym at any time.

MAKE-UP: Students can make up missed Physical Education Classes (excused) with their instructor.

Grades:

Grading in all physical education classes is merely a reflection of our expectations. Each class period is worth 20 points.

On an activity day, each student begins with 20 points. If students meet all of the expectations for the day, they keep all 20 points. However, if they fail to meet expectations, deductions from the 20 points will be made.

On days we use Polar Heart Rate Monitors to monitor the intensity of aerobic workouts, points are earned based on how long the student is in his or her cardiovascular training zone. On these days, we allow students to earn up to two extra credit points (22 points)

Course Objectives:

STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

- A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.
- B. Analyze various movement concepts and applications.
- C. Demonstrate knowledge of rules, safety and strategies during physical activity.

STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

- A. Know and apply the principles and components of health-related fitness.
- B. Assess individual fitness levels.
- C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

STATE GOAL 21: Develop team-building skills by working with others through physical activity.

- A. Demonstrate individual responsibility during group physical activities.
- B. Demonstrate cooperative skills during structured group physical activity.