**SCHOOL 5 PHYSICAL EDUCATION**

**COURSE SYLLABUS GRADES 7 & 8**

**COURSE DESCRIPTION:** Physical Education focuses on the development of fitness for life. The design of a quality program should help students develop knowledge of fitness and psychomotor skills through a variety of physical activities. This curriculum emphasizes maximum participation in body awareness, conditioning, movement, games and sports skill development. Instructional activities stress life management skills, such as cooperation, fair play, teamwork, citizenship, sportsmanship and leadership which develop the characteristics inherent in being principled, balanced, knowledgeable and open-minded. This activity oriented curriculum will ultimately provide students with opportunities to learn fitness concepts and practice psychomotor skills through body awareness, skill building and social development. With participation in physical activities, students will be able to move, perform, relax and achieve inside and outside the classroom. Students will be encouraged to aspire to develop their own personal characteristics. Moreover, individuals will develop positive attitudes for active living. Participation in a variety of physical activities will allow students to select and enjoy activities that will enhance their self-esteem, self-reliance and personal well-being.

**GOALS:**

* Students will be able to demonstrate competency in many movement forms and several forms of physical activity.
* Students will apply concepts and principles of human movement to the development of motor skills.
* Students will analyze the benefits of regular participation on physical activity.
* Students will demonstrate responsible personal and social behavior in physical activity.
* Students will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.

**REQUIREMENTS:**

* Sneakers must be worn at every class
* Pen/pencil required at each class
* Be on floor spot by late bell
* Late pass required for any student arriving late to class.
* Medical excuses:
  + Parent note for one day
  + Doctor’s note for extended time (written work will be assigned)
  + Doctor’s note required after injury

**STUDENT EXPECTATIONS:** All rules set forth in the Yonkers Public Schools Code of Conduct will be enforced and any violations of specified Levels II, III or IV will **ALWAYS** result in administrative referrals. Additional expectations that are applicable to Physical Education class are as follows:

* Allow all classmates the opportunity to learn in a safe, respectful environment.
* Listen and follow directions
* Participate in all class activities
* Show respect for teacher and classmates
* Equipment will be used in a safe manner at all times
* No gum, food, liquids allowed in gym

**CONSEQUENCES:**

* Warning / Verbal
* Lunch detention
* Phone call / Letter to parent
* Referral to administration

**GRADING:**

**CLASSWORK:** Students will receive up to 3 points a day based on the following rubric. This rubric is worth 80% of the student’s total grade.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 3 | 2 | 1 | 0 |
| ATTITUDE | Consistently follows rules, excellent behavior, displays cooperation & respect, accepts winning and losing respectfully. | Inconsistently follows rules (gum, electronics, etc), plays well only when on winning team, off task when not being observed. | Uncooperative, bends rules to suit self, displays inappropriate frustration towards others, celebrates the mistakes of others. | Physical or verbal abuse to others, doesn’t follow rules (gum more than once), complains about task, displays a poor attitude toward activity, concern only for self. |
| PARTICIPATION / EFFORT | Gives top effort, self-motivated, displays excellent movement during game play, committed to improving personal fitness. | Needs some reminders to participate, puts forth minimum effort, contributes little to team play, does not work to improve personal fitness. | Poor effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation. | Avoids participation, excessive socialization, off task, interferes with others, abuses equipment, disrespects safety rules. |
| ATTENDANCE / PREPAREDNESS | On time for attendance, has sneakers. | Arrives after attendance has started, has sneakers. | Consistently arrives after attendance, has late pass, has sneakers. | Late to class with no late pass, no sneakers. Cuts class. |
| \*NOTE: A student that displays less than a 3 in ANY category will automatically be dropped to THAT score for the day. Also, this rubric is a guideline and is subject to change with individual teacher discretion. | | | | |

**ASSESSMENT:** Students will be assessed throughout the course. Assessments will be 20% of student’s grade in this course. Assessments include but are not limited to quizzes, written exams, skill tests (peer and self), exit slips, goals for improvement, journals, demonstrations, performance, observation, projects and homework assignments.