

9th Grade PE./Team Sports/Weightlifting

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Department: Physical Education
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COURSE DESCRIPTION:

The Physical Education course is designed to introduce students to a variety of individual and team sports, sport specific skill building opportunities, as well as introduce fitness activities that will build a foundation for making appropriate choices for physical well-being and fitness. A variety of assessments and physical activities related to skill performance, fitness, and health will be explored.

COURSE OUTCOMES:

1. To identify individual levels of fitness and provide methods and activities for individual improvement.
2. To demonstrate basic and fundamental skills in a variety of team sports.
3. To expose students to team building and problem solving activities enabling students to develop leadership skills and build consensus within the group.

Topics and units of study:

Pre-test fitness

Soccer

Speedball

Volleyball

Basketball

Floor Hockey

Softball

Flag Football

Post-fitness test

Weight-training

Bodyweight exercises

Concentric lifting

Eccentric Lifting

Isometric Lifting

Yoga

ONLINE LEARNING SCHEDULE

Synchronous Teacher Led Learning Days – Monday & Thursday

Asynchronous Learning – Tuesday & Friday

Check-in Day and Asynchronous Learning – 10:15-10:55

Office Hours – Monday, Tuesday, Thursday & Friday @ 8-10:15am & 2-3:30pm

ONLINE LEARNING EXPECTATIONS

Synchronous – Join the video conference on time and have materials ready. These materials include pencil, paper, calculator and any websites needed to complete math work. Have Schoology open and ready to go in a browser. You are expected to be on the video conference for the duration of class. Please find a quiet place in your house and give yourself an area to work.

Asynchronous – Assignments that are asynchronous are to be done on your own; however, I am available for help during the designated asynchronous period. Also during this time you may be asked to attend a video conference for small group instruction. Small group instruction, if assigned, is mandatory.

Check-in Day – Every Wednesday there will be a brief 10 minute video conference or check in to provide a brief period of instruction and to ensure all students are on track with the current assignments. Students will also complete an asynchronous assignment on check-in day.

Office Hours – Every day except for Wednesday there are Office Hours set aside for reteaching, 1:1 or group tutoring, small group instruction and student/parent meetings. You may schedule a time during office hours for tutoring. You may also attend a tutoring or instructional video conference during office hours. Office hours are considered part of the school day, so tutoring or conferences scheduled during this time are mandatory. If there is an instructional conflict during the requested time, we will work together to find a time that works.

Grading

Due to the shift to virtual learning for the Fall semester, the high school grading policy has been adjusted in order to provide students a better method to demonstrate their mastery of the content. The grades will now be divided into two categories: Mastery Assessments (50%) and Progress Assessments (50%). The previously utilized Final Exam category has been incorporated into the Mastery Assessment category in order to better align with online learning. Mastery Assessments will continue to be any assignment that demonstrates the summation of a student's learning - tests, quizzes, essays, etc. Progress Assessments will continue to be any assignment that demonstrates a student's progressing towards mastery of a concept - daily work, quizzes, discussion participation, etc.

Students will have three days from the assigned due date to submit work late; each day after that, the assignment will be docked 10% off the final score. Teachers will establish a due date and a deadline for each assignment. After the deadline, late work will not be accepted. In extenuating circumstances, please work with the teacher directly.

Academic Dishonesty

All students at Queen Anne's County High School are expected to conduct themselves with great pride in academics and the community at large. To this end, it is expected that all students will maintain academic integrity in every assignment. Work must be completed individually unless otherwise directed by the teacher. In our virtual learning environment, student work may only include the electronic resources provided or recommended by the teacher. Plagiarism (*the practice of taking someone else's work or ideas and passing them off as one's own*) is a severe offense at QACHS and will result in immediate consequences, such as:

- Parent Contact by email or phone
- Detention or Referral (depending on the severity of plagiarism or assignment)
- Immediate Zero on the Assignment (Possible "redo" of the assignment for partial credit is at the discretion of the instructor)

- Conference with the Academic Dean

Examples of Academic Dishonesty

- Using unauthorized materials and/or resources
- Copying work from another student, or from the web
- Working with other students on an assignment intended for individual work
- Having anyone else but you complete any part of your coursework for you
- Using online searches or third party apps to find answers to your assessment questions
- Posting answers to assessment questions online

Attendance

In order to be marked present for each class, each day, students must login to Schoology for each class, each day, and complete any work assigned for that day. Students should contact their teachers and guardians should contact the front office if a student must miss a class, or a full day of classes, in order to ensure that the missed instruction is marked as an excused absence. Students are responsible for making up any and all work missed due to an excused absence in order to receive credit for that work. All make up work must be completed by the established deadline or other arrangements must be made with the teacher.

The school will send out a Google Form to each parent asking them to virtually sign off on their student's teachers' syllabi.