Physical Education Syllabus

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Credit: 1/2 Credit

Department: Physical Education
Phone: 410-758-0500
Prerequisites: 0

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. Note: This course meets the Physical Education graduation requirement and must be taken concurrently with Health/Wellness.

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.

COURSE OUTLINE:

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<th>Topics / Units of Study</th>
<th>Time Frame</th>
<th>Assessments</th>
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<td>Pre-Tests</td>
<td>5 Days</td>
<td>Physical Education Pre-Test &amp; Fitness Pre-Test Assessment</td>
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<tr>
<td>Soccer</td>
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<td>Soccer Rubric &amp; Unit Test</td>
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<td>Speedball</td>
<td>5 Days</td>
<td>Speedball Rubric &amp; Unit Test</td>
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<td>Basketball</td>
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<td>Post-Tests</td>
<td>5 Days</td>
<td>Fitness Post-Test Assessment and Physical Education Final Exam</td>
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COURSE INFORMATION:
- Physical education is a performance based class where students are required to actively participate in daily activities.
- Teacher will observe the student’s progress, participation in activities, dress, timeliness, behavior, and effort in class and assign a grade accordingly. Students can earn up to four points each day for participation and performance. A weekly participation grade will be given accordingly.
- Students will be tested during each unit on the basic principles, rules, and regulations of each sport.
- Students will complete a fitness test at the beginning and end of the course and will chart their progress.
- Students are required to take a written pre-test and a county-wide Physical Education final exam.

MATERIALS:
- Students will need to provide their own athletic clothes and shoes (athletic clothes can be purchased in the School Store) and a combination lock for their assigned locker.
- Students are required to change have a change of clothes appropriate for daily physical activities. This would include a T-shirt, athletic shorts, and athletic shoes. Sweatshirts and sweatpants are also acceptable. Students are encouraged to keep several changes of clothes locked in the student’s locker.
- Physical education clothes must adhere to the “QACHS Dress Policy” in the Parent/Student Handbook.
- If an inhaler is prescribed, it is the student’s responsibility to use as prescribed for class.
- All sports equipment will be provided by the Physical Education Department. Any willful destruction of equipment will result in the student having to replace equipment.
- Website for PE information and resources:
  http://www.marylandpublicschools.org/about/Pages/DCAA/PE/index.aspx

CLASSROOM REQUIREMENTS/ PROCEDURES:
- Students will report to the locker room for changing clothing. Students must report to the gym dressed and ready to warm-up within ten minutes of the bell to begin class.
- Students are expected to report to class on time. After the third lateness, students will be assigned after school detention. An office referral will result if the problem continues.
- Policies concerning tardiness, attendance, and conduct concur with all school policies that are addressed in the student handbook. Unexcused lateness and absences from class will affect the student’s participation grade.
- Students must remain in the classroom unless given permission by the teacher to leave.
- Students are expected to respect their peers and all staff. Courtesy must be displayed at all times. Students should come to class with positive attitudes, on time, ready to work.
- Bullying will not be tolerated.
- Each student will be issued a locker. It is the student’s responsibility to provide a lock for the locker. Lockers are subject to searches by the school administrators (refer to QACPS Student/Parent Handbook).
- All valuable items should be locked in the student’s locker at the beginning of class.

EMERGENCY PROCEDURES:
All emergency procedures (fire drills, weather drills, etc.) have been reviewed with the students as they pertain to evacuation and/or shelter in place situations. Each drill’s instructions are specific to the classroom location and crisis situation. If you have any questions or concerns about what your student should do in the case of an emergency, please speak to your student and/or email me directly.

EXPLANATION OF ASSESSMENTS:
- Formative:
  o Teacher will observe the student’s progress, participation in activities, dress, timeliness, behavior, and effort in class and assign a grade according to the Physical Education Rubric provided.
o Students can earn up to four points each day for participation and performance. A weekly participation grade will be given accordingly.
o Students’ progress will be assessed with a sport specific rubric or quiz.
o Students will complete a written pre-test and a fitness pre-test assessment.
o Students will be required to maintain a chart on their personal fitness levels.
o Students will have to complete a fitness post-test assessment.

• **Summative:**
o Students will be tested at the end of each unit on basic principles, rules, skills, and regulations of the sport that will prepare the students for the final exam.

• **Final Exam**
o Students will have to complete the county-wide, “Physical Education Final Exam”.

**PARTICIPATION**

• **Non-Dress:** Students who do not dress will not participate, and will receive a zero for participation that day. Students not dressing will complete an alternate assignment.

• **Excused Absence From Participation:**
o The Physical Education Department will honor legally documented excuses, for a limited period of time (up to 3 days). All missed work must be made up.
o The Physical Education Department will honor Physician’s notes on participation. The Physician needs to state on the excuse the limitations and/or restrictions of the student and exactly how long the student is to be excused from participation.
o Students excused from participation are required to dress out.
o If you are excused for up to 5 days, an alternative assignment will be assigned to complete. These assignments will be due at the end of the class period and are worth participation points if complete and on time.
o If you are excused for more than 5 days, a Long Term Injury Project will be assigned. This assignment will be due the last day of the long term injury. If this project is incomplete or not turned in on time, you will not receive a passing credit for any activities done during your missed time.

• **Unexcused Absence From Participation:**
o 0 points will be given for all unexcused absences. Consecutive and/or numerous unexcused absences will result in administrative action.
o Policies concerning tardiness, attendance, and conduct concur with all school policies that are addressed in the student handbook. Unexcused lateness and absences from class will affect the student’s participation grade.
o Three or more unlawful absences per quarter may result in course failure and loss of credit.

**GRADING POLICY:**

• Parents/guardians and students may view their grade online at Parent Portal.
  ➢ Mastery Assessment (Summative): 45%
    • Unit Quizzes
    • Physical Motor Skills Post-Assessment
  ➢ Progress Assessments (Formative): 40%
    • Daily Dress
    • Participation and Performance in Daily Fitness Activities
    • Fitness Test(s)
    • Written and Physical Pre-tests
  ➢ Final Exam: 15%
### Physical Education Rubric

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
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| 4     | Dresses in appropriate athletic apparel for class.  
       | Completes all activities (warm-ups, stretches, and training).  
       | Actively engages in designed activity throughout entire period.  
       | Works with optimum efficiency to obtain peak physical conditioning.  
       | Demonstrates proper techniques at all times.  
       | Demonstrates proper safety at all times.  
       | Requires no prompting by teacher.  
       | Follows safety rules. Helps other students. |
| 3     | Dresses in appropriate athletic apparel for class.  
       | Completes all activities (warm-ups, stretches, and training).  
       | Engages in designed activity throughout most of the class period (3/4’s of activity completed).  
       | Works with above average efficiency to obtain peak physical conditioning.  
       | Demonstrates proper techniques a majority of the times.  
       | Demonstrates proper safety a majority of the time.  
       | Requires minimal prompting by teacher.  
       | Follows safety rules. |
| 2     | Dresses in appropriate athletic apparel for class.  
       | Completes 2 of 3 activities (warm-ups, stretches, and training).  
       | Sporadically engages in designed activity during the class period (1/2 of activities completed).  
       | Works with average efficiency to obtain peak physical conditioning.  
       | Demonstrates proper technique rarely.  
       | Demonstrates proper safety rarely.  
       | Requires constant prompting by teacher.  
       | Follows minimal safety rules. Puts some equipment away. |
| 1     | Dresses in appropriate athletic apparel for class.  
       | Completes 1 of 3 activities (warm-ups, stretches, and training).  
       | Rarely engages in designed activity during the class period (1/4 activity completed).  
       | Works below average to obtain peak physical conditioning.  
       | Demonstrates proper technique hardly ever.  
       | Demonstrates proper safety hardly ever.  
       | Student is off task and requires frequent prompting by teacher.  
| 0     | Does not dress out or dresses inappropriately.  
       | Completes 0 of 3 activities.  
       | Never engages in designed activity during the class period (0 activities completed).  
       | Works with no efficiency to obtain peak physical conditioning.  
       | Never demonstrates proper technique.  
       | Never demonstrates proper safety.  
       | Student is off task and requires frequent prompting by teacher.  
       | Student does not follow safety rules. No equipment was put away. Behavior issues. Demonstrates poor sportsmanship. |
Physical Education: Parent/Guardian Contact Information

“I have read and understand the information given on the attached syllabus, and I will do my best to uphold my responsibilities in Physical Education class”.

1. Parent/Guardian’s Signature: ___________________________________________ Date: __________________

2. Student’s Signature: __________________________________________________________ Date: __________________

3. Child’s Name (please print): ________________________________________________

4. Medical/Absences:
   ▪ Please list any physical concerns, allergies, or restrictions below. For any medical issues, please attach a doctor’s note that outlines the specific limitations and/or restrictions of the student and exactly how long these are in place. If an inhaler is prescribed, it is the student’s responsibility to use as directed for class.
   ▪ Please also list any upcoming surgeries/procedures that will affect your child’s ability to participate in class and please also list any planned absences.

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5. Father/Guardian’s Name: _______________________________________________________
   ➢ E-mail Address(es): _____________________________________________________________
   ➢ Cell/Phone #: _________________________________________________________________

6. Mother/Guardian’s Name: _______________________________________________________
   ➢ E-mail Address(es): _____________________________________________________________
   ➢ Cell/Phone #: _________________________________________________________________

*Note to Parent/Guardian:
Parent Portal is the QACPS website that allows you to see your student’s current grades by going to the internet. If you are not already signed up, please call the guidance office (410-643-7172) for information.

Please return asap to teacher. Keep pages 1-4 for your information. Thank you!