Course Description
The Physical Education virtual course is designed to introduce students to a variety of team sports, sport specific skill building opportunities, as well as introduce fitness components that will build a foundation for making appropriate choices for physical well-being and fitness.

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

Course Information
- Physical education is a performance-based class where students may be required to actively participate in activities.
- A progress grade will be assigned for the student’s participation, performance, progress, and/or effort in class.
- Students will receive a Mastery grade for each unit test.
- Students will complete a fitness assessment at the beginning and end of the course and will chart their progress.

Materials Needed
- Computer, paper, & pen/pencils.
- Timer (hour, minutes, & seconds)
- A safe area to perform skills, activities, or exercises.
- A Bouncing Ball
  - Examples: basketball, volleyball, soccer ball, plastic/rubber bouncing ball, playground ball, dog’s toy, lax ball etc.
- A big imagination
- The willingness to think “out of the box” to help make your PE class the best it can be.
- Positive attitude towards learning
- Be respectful of your peers and teachers

Topics of Study
Heart Rate Unit
Overload Principle
Components of Physical Fitness Unit
Soccer
Basketball
Softball
Volleyball
Floor Hockey
Flag Football
Speedball

Contact Information:
Holly.Woodward@qacps.org
410-758-0500
Teacher Homepage

Office Hours:
Monday, Tuesday, Thursday & Friday:
8:00 – 10:15
2:00 – 3:30

Grading Policy for Online Learning
Mastery Assessments- 50%
Progress Assessments- 50%
Online Learning Expectations

**Synchronous** – Join the video conference on time and have materials ready. These materials may include pencil, paper, timer, sport equipment, and any websites needed to complete physical education 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. You should not be using your phone at all unless permitted by the teacher, please ask and we will work out a solution. 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 complete or continue asynchronous assignments 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.

New Grading Policy for Online Learning

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, projects, 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 Policy

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. Submitting work copied from non-approved electronic resources is still considered plagiarism. 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
- Immediate Zero on the Assignment
- Conference with the Academic Dean

Examples of Academic Dishonesty (not an exhaustive list):

- Using unauthorized materials, apps, 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 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.

**Syllabus Sign-Off**

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