

Naples American High School

Course Syllabus

Course Name:	PEG102	Course Description DoDEA Course Description Web Site
Textbook:	none	
Teacher Name:	Ms. K.	
Phone Number:	629-4519	
Planning Periods:	3 and 6	
Location:	Girl's Locker room	

Philosophy

Physical well-being and the acquisition of efficient movement are essential needs of every individual. Students strive to become well educated people who appreciate the importance of exercise, understand how to achieve health-related fitness, and have developed sufficient skills to enjoy participating in lifetime sports, rhythmic/dance, and other physical activities. Physical education performs a unique function in the curriculum by providing a safe environment where students are exposed to many opportunities to develop their psychomotor, social skills, learn concepts of and apply thinking to movement, rhythmic/dance, and sports, enhance their personal and social development, and develop positive attitudes.

Because the interests and abilities of students vary, offerings in physical education must be diversified enough to meet the individual needs of students. In the elementary grades, students need sufficient time to develop basic skills in a variety of activities and should find success and enjoyment in movement. In the middle and high schools, students broaden their repertoire of motor skills, increasing their understanding of health-related physical fitness, and effectively apply social skills developed through participation in sport, rhythmic/dance, and other physical activities. The ultimate goal of quality physical education is to prepare and motivate all students to engage in daily lifelong physical activities that promote health and well-being.

Material

School uniform, sweat suit, inside and outside sport shoes, pen or pencil

Grading Policy

A	90-100
B	80-89
C	70-79
D	60-69
F	59 or below

Assessment

Participation = 40% of Grade
Written Exam on sport rules = 30%

Fitness Goal Written Report = 10%
Skill Tests = 10%
Homework = 10%

Homework

5 Minute Jog; 1 Set of 10 Sit-ups; 1 Sets of 5 Pushups; 3 Times a week

Week #1 Date: August 29, 2005_

Parent Signature _____ Print Student Name _____

Week #2 Date: September 5, 2005_

Parent Signature _____ Print Student Name _____

Week #3 Date: September 12, 2005

Parent Signature _____ Print Student Name _____

Week #4 Date: September 19, 2005

Parent Signature _____ Print Student Name _____

JOG 8 MINUTES, 2 SETS OF 10 SIT-UPS, 2 SETS OF 5 PUSH-UPS 3 x A WEEK

Week #5 Date: September 26, 2005

Parent Signature _____ Print Student Name _____

Week #6 Date: October 3, 2005

Parent Signature _____ Print Student Name _____

Week #7 Date: October 10, 2005

Parent Signature _____ Print Student Name _____

Week #8 Date: October 17, 2005

Parent Signature _____ Print Student Name _____

Week #9 Date: October 24, 2005

Parent Signature _____ Print Student Name _____

Please cut off weekly homework slip and turn it in before Wednesday of the following week.

Late Work Policy

Work turned in late will be accepted, but will be marked down 10%.

Tutoring/Extra Help

The instructor is available everyday before school, during seminar and after school with the approval of parents.

Classroom Management

Students are given 5 minutes to dress out at the beginning of class and then they are expected to enter the gym and begin walking as part of a cardiovascular warm-up. An instructor directs students to line up in their role/exercise lines and role is taken during the muscle warm-up and stretching. Following the warm up, students jog for a

designated period of time and then walk as part of a cool down. Students then move on to the current activity. At the end of class students are again given five minutes to change back into their school clothes.

Content Outline

.The 7th grade program works hard to improve the five health related areas of fitness, through stretching, calisthenics, and jogging. Teams sports such as, flag football, volleyball, soccer, softball, and basketball units help to develop; skills, various movement experiences and cooperative learning. Individual activities such as badminton, horseshoes, croquet, and bocci also develop skills interactive play. Rhythmic activities improve both movement and social skills. Polar heart rate monitors help the students to work out within their heart rate zone.

Additional Information

See Forms for Fitness records and setting goals.

Standards

[DoDEA Curricular Standards Web Site](#)