

Naples American High School

Course Syllabus

Course Name:	PEG 202	Course Description DoDEA Course Description Web Site
Textbook:	none	
Teacher Name:	Ms. K	
Phone Number:	629-4519	
Planning Periods:	3 rd and 6th	
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, indoor and outdoor athletic shoes, socks, pen or pencil

Grading Policy

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

Assessment

40% of the Quarter grade is based on Participation
30% of the Quarter grade is based on Written Tests on rules and game strategies.

10 % of the Quarter grade is based on the written Fitness Goal Report.
10 % of the Quarter grade is based on Skill Tests.
10 % of the Quarter grade is based on Homework.

Homework

Homework workout is described here.

Week #1 Date: _
Parent Signature_____ Print Student Name_____

Week #2 Date: _
Parent Signature_____ Print Student Name_____

Week #3 Date:
Parent Signature_____ Print Student Name_____

Week #4 Date:
Parent Signature_____ Print Student Name_____

Week #5 Date:
Parent Signature_____ Print Student Name_____

Week #6 Date:
Parent Signature_____ Print Student Name_____

Week #7 Date:
Parent Signature_____ Print Student Name_____

Week #8 Date:
Parent Signature_____ Print Student Name_____

Week #9 Date:
Parent Signature_____ Print Student Name_____

Tear off the weekly slips and turn them into your teacher no later than Wednesday of the following week.

Late Work Policy

Late work is accepted but is automatically marked down 10%.

Tutoring/Extra Help

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

Classroom Management

Students are given 5 minutes to dress out at the beginning of class, they are then expected to enter the gym and begin walking as part of a cardiovascular warm-up. An instructor directs students to line up in their roll/exercise lines and roll 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 8th 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 through interactive play. Rhythmic activities improve both movement and social skills. Polar Heart Rate monitors aid the students' understanding of target heart rate and makes working out within the heart rate zone much easier.

Additional Information

See attached forms for Fitness record keeping and Goal setting.

Standards

[DoDEA Curricular Standards Web Site](#)