

Montclair High School

Course Syllabus

Department: Health & Comprehensive Physical Education

Course: Physical Education

Level: Grades 10-12

Credits: 3.75

Course Description:

The physical education curriculum of Montclair High School has been designed to help students recognize the importance and benefits of regular physical activity, which contribute to lifelong wellness.

Supplementary Materials:

Students will need school and PE appropriate athletic attire in order to participate in class:

- **Tops** – Full length (no midriff or cut off tops) long or short sleeve t-shirts, sweatshirts, (NO spaghetti strap tops or tube tops)
- **Bottoms** – athletic shorts, sweat pants, yoga pants (NO cargo pants, denim, pajama pants/shorts)
- **Footwear** – socks and sneakers (NO heels, boots, boat shoes, platforms, flats, or any other non-athletic footwear – these all pose a safety issue for the student and I will NOT allow him/her to participate without sneakers)

*Please refer to Student Handbook on appropriate attire

*ALL STUDENTS MUST CHANGE – THEY CANNOT WEAR THE SAME CLOTHES FOR PE THAT THEY WORE TO SCHOOL!

Units of Study:

- The first days of Phys Ed class will cover the following: student roster confirmation, syllabus/expectations, grading, squad lines and activity intro.
- Classes will begin with a dynamic warm up every day in order to raise the core temperature, increase heart rate and blood flow, increase joint range of motion and prepare the muscles and nervous system for the specific activities anticipated for each class.
- Course activities may include the following:
 - Q1- football, soccer, tumbling
 - Q2- Badminton, Eclipse ball, volleyball
 - Q3- Basketball, speedball, Floor hockey/scooter hockey, yoga
 - Q4- Tchoukball, Ultimate frisbee, Leisure time activities (bocce ball, corn hole, can jam, horse shoes)
- One day per week will be a “Fitness Day”. Fitness Day will include activities that incorporate components of physical fitness for wellness (flexibility, muscular strength, muscular endurance and cardiovascular endurance)
- Quarters 1 and 4 we will be doing the half mile (cardiovascular endurance), decreasing the goal by 15secs each time, working toward a final goal of 5mins 30secs or less.
- Quarters 2 and 3 we will be training upper body--push-ups/core and abdominal strength (muscular endurance/strength).

Proficiencies:

- To increase student functional strength by doing specific weight bearing exercises during fitness activities including push-ups, crunches, squats, lunges, medicine ball work, planks, etc.
- To refine fine and gross motor skills in various areas such as throwing, catching, jumping, landing, linear and lateral agility, balance, hand/eye coordination, foot/eye coordination, etc.
- To participate in individual, dual and team sport activities by: becoming knowledgeable of the rules, displaying sportsmanship, utilizing strategies, successfully handling conflict and adversity, establishing positive communication skills and utilizing/receiving positive reinforcement and feedback to/from classmates and from teachers.

Evaluation & Assessment:

Course Expectations:

1. Students should attend all classes that they are able to attend and on time – attendance is CRITICAL to their grade
2. Student athletes will receive no special privileges and are expected to participate in all class activities unless their Opt Out Form has been submitted AND approved. If the student athlete has not been approved for Opt Out, he/she is expected to attend all classes on time and fully prepared to participate until the approval is confirmed.
3. Students must be dressed in proper Phys Ed attire everyday in order to participate – NO HATS OR ELECTRONIC DEVICES
4. Students must attempt to do all activities during class with a full effort and a positive attitude – I’m not looking for amazing athletes, just the initiative to try and have an open mind.

Standard School Grading Scale:	A = 90-100	B = 80-89	C = 70-79	D = 60-69	F = Below 60
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Course Grade is 50% participation 40% preparation 10% test/assessments
Based On:

Students will be graded daily on preparation and participation (a possible 6 pts daily).

- Students will receive a possible 3 points daily for preparation:
 - 1pt = proper Phys Ed top
 - 1pt = proper Phys Ed bottom
 - 1pt = proper Phys Ed footwear (sneakers)
- Students will receive a possible 3 points daily for participation:
 - 1pt = participating in the FULL warm up & MUST be seated in SQUAD to start class
 - 1pt = attempting/participating in the activity to the best of his/her ability
 - 1pt = displaying a positive attitude, good sportsmanship, and proper behavior
- Students will receive a ZERO for the day under these circumstances:
 - Opts = student chooses not to participate or doesn’t have sneakers and isn’t allowed to participate
 - Opts = cut
 - Opts= jeans worn under sweats/shorts

*Students will not be penalized if they have a doctor’s note

*Students will receive 1 “Freebie” for each marking period, meaning if they forget their clothes one day they will not be penalized

*Phys Ed grades count towards students’ overall GPA