

Physical Education 9-11 (girls only)		COURSE LENGTH: One semester – 5 days/week
Location	Gymnasium, Auxiliary Gym, Track, Practice Fields, and Fitness Center -Weight Room	
Instructor	Mrs. Santom	
Planning Period	5th period Mrs. Santom	Parent Teacher Conferences may be scheduled before school from 7:30 to 8:00am or during the planning period.
Email	msantom@mercer.k12.pa.us	
Credits Course Length	.4 credits 1 semester in length (18weeks approx.)	
Prerequisites	Physical Education 7-8	
Description	The purpose of this course is to provide the student with basic knowledge, physical participation, and safety procedures in the areas of team sports, lifetime activities, and fitness/wellness components. The student will be guided through a series of appropriate physical activities and exercises that will improve and maintain physical fitness, coordination, and health.	
Course Goals and Objectives	<p>The student will be able to :</p> <ol style="list-style-type: none"> 1. Experience various types of team sports such as basketball, flag football, lacrosse, soccer, and volleyball. 2. Demonstrate the ability to display various skills through practice, skill testing, and game play during individual and team sports. 3. Develop an appreciation for lifetime activities by being exposed to badminton, bocce, bowling, and tennis. 4. Develop an appreciation for fitness and wellness in relation to everyday activities. 5. Demonstrate knowledge acquisition by completing technology assignments, skill testing, and cognitive quizzes / test. 6. Display proper teamwork and sportsmanship by following rules of class. 7. Establish individual goals pertinent to class activity. 	
Grading	<p><u>Each class period is worth 10 points.</u></p> <p><u>10pts</u> = dressed in P.E. uniform, participating to best of ability, showing sportsmanship, and cooperation with classmates, following classroom rules.</p> <p><u>8pts</u> = has on part of their uniform, participating to best of their ability, showing sportsmanship, and cooperation with classmates. Or dressed in uniform but is not working the entire time, sometimes takes breaks or goofing around.</p>	<p><u>6pts</u> = not dressed in uniform but still participates to the best of their ability. Or dressed in uniform but broke a class rule on rules contract.</p> <p><u>4pts</u> = not dressed in uniform but still participates and breaks two class rules on rules contract.</p> <p><u>0pts</u> = dress cut and chooses to not participate at all.</p>

<p>Grading</p> <p>96.5 A+ 92.5 A 89.5 A- 86.5 B+ 82.5 B 79.5 B- 76.5 C+ 72.5 C 69.5 C- 66.5 D+ 62.5 D 59.5 D- Below F</p>	<p>Student grades are based upon the total number of points earned for the nine weeks. The total earned is divided by the number of points possible. The resulting percentage equals a letter grade. (see scale at left). Students will be graded on the following:</p> <ul style="list-style-type: none"> • Participation / effort • Following of class rules • Sportsmanship / teamwork • Technology Experience • Quizzes • ****<u>On days that heart rate monitors are used a 25pt grading scale will be implemented. Students will gain points for exercising in their target heart rate zone at a rate of 1 point per minute. Bonus pts can be achieved for every minute over 25 minutes.</u>**** 	<p><u>Participation and Effort</u></p> <p>All students are expected to participate and follow classroom rules during each class period. If a student decides to not dress for class more than 2 times a semester, they will be given a detention.</p> <p>When a student is in jeopardy of failing, a progress report will be sent home. This will occur any time after the 4th week of classes.</p>
<p>Classroom Rules</p>	<p>1. Students are not permitted to leave class except in an emergency. Restroom needs should be taken care of before class begins.</p> <p>2. Students are not permitted to do the following:</p> <p style="padding-left: 40px;">Chew gum or candy during class.</p> <p style="padding-left: 40px;">Wear jewelry of any kind.</p> <p style="padding-left: 40px;">Wear cut-off shirts or shorts.</p> <p style="padding-left: 40px;">T-shirts with unacceptable logos.</p> <p style="padding-left: 40px;">No hats inside or outside during class.</p> <p style="padding-left: 40px;">Use cell phone in locker-room.</p> <p>3. Students have been given a copy of the rules for the gymnasium and have completed a contract and turned in to instructor. All students have been made well aware of the rules of the gym and expected to follow them.</p> <p>4. Any infraction of the above rules will result in a verbal warning for the first offense. Additional offenses will result in participation grade affected and possible referral to the office.</p>	<p>Make-Up Work</p> <p>"Students on a pre-approved trip of more than one day will be expected to make up any work minimally on the second full day upon the student's return up to a maximum of five days. Students are required to get all missed work prior to pre-approved absence.</p> <p>For one day or one period - school related absence (athletics/academic games, etc) - it is the student's responsibility to make up the work upon their return to the classroom. It is recommended that they see the teacher ahead of time to determine what they will miss while they are gone."</p> <p>Late to Class</p> <p>"A student who is late to class will be given a verbal warning on the first offense. Additional offenses will result in assigning of an after school detention."</p>
<p>Required Materials</p>	<p>Physical Education Uniform. Blue shorts, White Shirt. Proper socks and footwear is required as well. No boots or dress shoes will be allowed to be worn.</p>	

OUTLINE OF MATERIAL COVERED IN THIS CLASS

Time	Material Covered During Time Period	Notes
Week 1 Week 2-4	Team Building Activities Football and Soccer M-W-F Fitness T-Th	Student's effort during these units will contribute to their participation grade. A quiz may be given to check for learning.
Week 5-7	Tennis and Golf M-W-F Fitness T-Th	A skills test will be given at the conclusion of the unit to check for learning.
Week 8	Preparation and Testing for Mile Presidential Physical Fitness Testing	Student's effort during the test will contribute to their participation grade.
Week 9	Lacrosse and Bowling	A skills test and a written quiz may be given to check for understanding.
Week 10-12	Volleyball, Handball, and Badminton M-W-F Fitness T-Th	A technology experience during the unit will be required for evaluation and assessment.
Week 13-15	Bocce and Archery M-W-F Fitness T-Th	A quiz may be given at the conclusion of the unit to check for learning.
Week 18	Presidential Physical Fitness, Testing Makeups and Basketball	