

Gateway Regional High School

Physical Education Course Syllabus

Mr. Michael Mason

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Gymnasium, Wellness Center, Outside Facilities

Semester: 60-63 minute class-5 credits

Year: 60-63 minute class -5 credits (alternating days)

Course Description:

This course is an integral component to a student's comprehensive education. It focuses on providing each student with the opportunity to develop skills, improve physical, social, and mental wellness. It is an opportunity to promote personal life-long health through exposure to a multitude of activities and recreation.

The course is organized into 5 units- physical fitness (Fitness Gram), team sports, individual sports, cooperative games and wellness center activities. Each unit will cover primary objectives, equipment, rules and regulations, warm-up activities, physical and social skills and group activities.

Course Objectives:

1. To be able to demonstrate physical fitness (coordination, endurance, agility, speed, movement and flexibility).
2. To be able to assess physical fitness needs (heart rate, fitness levels, difference between aerobic and anaerobic conditioning, body composition and fitness).
3. To know basics of individual sports, group sports and recreational activities (benefits, conditioning requirements, safety practices, responsibilities of participation, rules and regulations).
4. To be able to demonstrate sportsmanship in sports and recreation (benefits of competition, value of winning and losing, united goal setting, ground rules for team play, basic social and cooperative skills).
5. To be able to use a variety of strategies to succeed in sports and recreational activities (recognize strengths and weaknesses of opponents, know resources for improving skills, know value of repetition and practice).
6. To increase the participant's sense of personal confidence.
7. To increase fitness levels through to use of the wellness center.
8. To have fun!

**Units and Skills:
Physical Fitness**

Aerobics- components of cardio-respiratory endurance "high impact" and "low impact"; jogging, aerobic dance, circuit training.

Standard Fitness Testing- measures the components of flexibility, muscular endurance and cardio-respiratory endurance; sit and reach, 1-mile run/walk, sit-ups, pull-ups etc.

Walking- components of cardio-respiratory performance; head alignment, heel contact, arm position, eye focus.

Team Sports

Badminton- safety, grip, serve, clear shot, smash, drop, dive, net shots, singles and doubles play, rules.

Basketball- safety, one-hand shot, hook shot, two-handed shot, jump shot, lay-up, free throw, two-handed chest pass, overhead pass, bounce pass, underhand pass, dribbling, guarding, rebounding, offensive and defensive strategies, rules.

Broom Ball- safety, running, shooting, stick handling, push pass, back pass, offensive and defensive strategies, rules.

Flag football- safety, forward pass, lateral pass, receiving, place kick, punt, hand-off, hiking, ball carrying, blocking, offensive and defensive strategies, rules.

Lacrosse- safety, cradling, over-head throw, side-arm throw, underhand throw, catching, scoring, offensive and defensive strategies, rules.

Pickle Ball- safety, serving, return, offensive and defensive strategies, rules.

Soccer- safety, dribbling, passing, shooting, chest trap, foot trap, throw-in, corner kick, penalty kick, goal kick, offensive and defensive strategies, rules.

Softball- safety, throwing, catching, fielding, batting, base running, rules.

Team Handball- safety, passing, dribbling, shooting, blocking, offensive and defensive strategies, rules.

Ultimate Frisbee- safety, throwing, catching, guarding, pivoting, intercepting, offensive and defensive strategies, rules.

Volleyball- safety, overhead serve, underhand serve, bump, set, pass, spike, block, offensive and defensive strategies, rules.

Whiffle Ball- safety, grip, swing, base running, fielding, throw, rules.

Golf- safety, grip, swing, drive, putting, club selection, course etiquette, rules.

Silver Bullets- a guide to initiative problems, adventure games and trust activities.

Adventure Education

Cowtails and Cobras II- adventure curriculum and rope courses.

Snow Shoeing- safety, pacing, running, care of equipment.

Classroom Expectations:

1. To arrive on time.
2. To be prepared for class
 - Change of clothes
 - Sneakers
3. To be in the proper area and ready to participate.
4. To exhibit responsible personal and social behavior.

Course Policies:

Attendance- All work for this course is done in the classroom. Regular attendance is essential in order to obtain a passing grade.

Tardiness- Locker rooms are secured five minutes after the bell. Any student who arrives late to class without a pass will be given a warning. The second offense will be assigned a classroom detention. Any repeated offenses will result in a zero for that class.

Passes- The gymnasium has its own facilities and drinking fountains. No locker or lav passes will be issued.

Academic Materials- No books, notebooks, etc. will be allowed in the wellness center, gymnasium, or on the fields. Doing your homework during class time is not an option.

Grading:

Rubric Assessment. (Each class is worth 3 points).

Effort 1 point

Attitude 1 point

Participation 1 point