

**Instructor Information**

Schools: Smart, Sudlow, Walcott, Wood, Young, Williams

**Course Description**

All students shall take an active part in the physical education program. Students will participate in various activities, team sports, leisure activities, water safety, rhythm and dance, fitness activities. Students will be taught through lecture, demonstration and group activities. Emphasis is placed on increased fitness intensity.

**District Standards and Power Benchmarks**

**Power Standards**

Students will be able to:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities
2. Demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participate regularly in physical activity.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
6. Value physical activity for health, enjoyment, challenge, self-expression, and /or social interactions.

**Power Benchmarks**

Students will be able to:

1. Utilize locomotor skills in the context of movement.
2. Adapt and combine the skill to the demand of increasingly complex situations of selected movement forms.
3. Participate in health-enhancing physical activities both during and outside of school.
4. Participate in activities designed to improve or maintain muscular strength and endurance, flexibility, cardiorespiratory endurance, and body composition both during and outside of school.
5. Maintain heart rate in target heart rate zone for a minimum of 20 minutes while participating in a physical activity of his or her choice.
6. Participate in established rules, procedures and etiquette that are safe and effective for specific activity situations.
7. Work cooperatively with a group to achieve goals in competitive as well as cooperative setting.
8. See learning new activities and skills as challenging.
9. Invite all students, regardless of ability, to participate in physical activities.

## **Course Information**

### **Course Outline/Calendar**

Team Sports: Flag Football, Basketball, Floor Hockey, Softball, Team Handball, Volleyball, Soccer, Speedball, and Quadball.

Leisure Activities: Eclipse Ball, Frisbee Golf, Pickleball, Archery, Badminton, Roller Skating, Shuffleboard, Aerial Darts, and Table Tennis

Individual Sports: Wrestling, Track and Field, Tennis

Tumbling

Water Safety

Fitness Activities

### **Text/Other Required Materials/Resources**

Students are required to change into gym clothes and must have on tennis shoes.

### **Instructional Procedures & Support**

- Curriculum will be delivered through the use of lecture, demonstration, cooperative learning, and creative expression.

### **Classroom Management Procedures**

1. District policies and school rules will be enforced to maintain a safe and educational environment.
2. Attendance is key to classroom success.
3. Students are responsible to complete make-up work.
4. Personal items must be secured in a locker.
5. No food or drink in the gym or locker room.

**Assessment Plan**

Grades will be given for daily performance, written tests, and skill assessment.

**Grading System**

Following the Davenport Community School District Guidelines, the grading scale is as follows:

100-92% A

91-83% B

82-68% C

67- 60% D

59- Below F