

DUKE ELLINGTON SCHOOL OF THE ARTS

Course Syllabus
“Physical Education”

Periods 5 & 6

Instructor – Nikki Sutton-Mackey

Carnegie Units 1.0

COURSE DESCRIPTION

This course provides a multi-phased program of selected physical education instruction that will facilitate skill proficiency performance at the intermediate level or above in the area of fitness development and assessment, aerobics, strength training, dance and selected individual and team sports/game experiences that are associated with lifetime interest in fitness.

STANDARDS FOR PHYSICAL EDUCATION

L1.1.1 – Combine and apply movement patterns and skills, simple to complex.

L1.1.2 – Identify and apply the skill-related components of balance, reaction, time, and agility, coordination, explosive power, and speed to enhance performance levels in various activities.

L1.1.3 – Explain and demonstrate offensive, defensive, and transition strategies.

L1.2.2 – Engage in a variety of sustained, moderate to vigorous physical activities that enhance each component of health related fitness.

L1.2.3 – Use physical fitness tests results to set and adjust goals to improve fitness.

L1.2.4 – Explain the role of physical activity fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each of the five components of health related fitness.

L1.2.7 – Explain the inherent risks associated with physical activity in extreme environments.

L1.2.8 – Explain the benefits that proper nutrition has on physical performance.

L1.3.1 – Accept personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

L1.3.2 – Act independently of negative peer pressure during physical activity.

L1.3.3 – Describe the enjoyment, self expression, challenge, and social benefits experienced by achieving one’s best in physical activities.

L1.3.4 – Develop personal goals to improve one’s performance in physical activities.

L1.3.5 – Demonstrate character based on core ethical values and good sportsmanship.

L1.3.9 – Recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity.

L1.3.10 – Identify and utilize the potential strengths of each individual in physical activities.

ACTIVITIES -

Weight Training
Aerobic Fitness
Volleyball
Soccer
Ultimate Frisbee
Track and Field
Basketball
Track and Field
Badminton
Bowling
Interval Training

TEXTS - This class does not have textbook requirements. Handouts will be distributed.

COURSE REQUIREMENTS/GRADING RUBRIC
GRADING SCORE

DAILY APPLICATIONS
TOTAL

100%

<u>A. Participation</u>	60%
1) Fully engaged and executing exercises and activities with effort.	
<u>B. Responsibility/Social Skills</u>	30%
1) Completely uniformed & groomed for class by roll call.	
2) Positive approach & attitude	
3) Appropriate Conduct & Behavior as it relates to the students' understanding consequences of their personal cause & effect actions/reactions	
<u>C. Tests/Final Exam</u>	10%

LITERACY PLAN All Written Assignments are Submitted On
The Requested Due Date. Late Assignments Will Be Penalized

More Than One Week Late Will Not Be Accepted Without Written Documentation
Resulting In A Grade Of “F”.

PHYSICAL EXAMS Physical Exams Are Based On The Information Received During
Class Time. Adherence To The Examination Date Is Imperative.
Make-Up Physical Examinations Is At The Discretion of The
Instructor.

***Additional Rubrics May Be Used For Other Projects and/or Physical Presentations.
To Be Verbally Informed, Written & Dated/Posted On Bulletin Wall.***

*Scheduled Dates of Classes, Assignments, Exams, Course Content, Etc... Are Subject to Change at the Discretion
of the Instructor and/or in the Event of Extenuating Circumstances, (School Closings, Unscheduled School
Activities, Etc...)*

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Syllabus – Physical Education

UNIFORM & GROOMING POLICY

Loose fitting clothing, comfortable to move in and rubber sole shoes (preferably sneakers)
NO- hard heels (dress shoes), flip flops, sandals bare feet or socks will be permitted in class.
You will be asked to sit out for that day resulting in 0 points for that day.

Girls & Boys :Jewelry & Body Adornments:

NO- large (bigger than a quarter) earrings, loose hanging, bracelets or necklaces

ELECTRONIC DEVICE(S) DECORUM

**ALL Electronic Devices (including cell phones & iPods) Should be Turned Off and Secured
in Students’ Lockers Before and During Class.**

(Refer to 2009-2010 Dance Department Handbook)

GRADING SCALE

At the secondary, level, sixth (6th) grade through twelfth (12th) grade, marks/grades of A through
F shall be assigned by the teacher to indicate the degree of achievement by the student of the
content standards in each course. Results of the end of course exam will count for no more than
20% of the final grade. *(Refer to Ellington’s 2009-2010 Community Handbook)*

Marks/Grades Shall Be As Follows:

A = 93-100
A- = 90-92
B+ = 87-89
B = 83-86
B- = 80-82
C+ = 79-77
C = 73-76
C- = 70-72
D+ = 67-69
D = 64-66
F = 63 and below

I = Incomplete (too little work submitted) Students have until 2 weeks after issuance of report cards to submit assignments and make-up individual physical assignments/exams (physical group projects excluded) Failure to complete work required within the above stated time frame will result in the Incomplete grade converting to an “F” (Failure).

M = Medical Once an injury has been verified by a physician and the student is deemed unable to participate for a minimum of two weeks and not more than one advisory, a letter grade of “C” or below will be administered for that period. If the injury is longer than one advisory, the student’s tenure at Ellington must be revisited by parent, principal, student and dance faculty. *(Refer to Dance Department 2009-2010 Handbook)*

***The Medical Excuse Guidelines Shared in the Ellington Community Handbook Relates to Academic Courses/Classes Only, Not Physical Intense Arts Classes Such as Dance.*

ATTENDANCE

****Non Attendance Or No Participation Results in (0 points) For That Day**

**** 5 Or More Absences may result in an automatic F**

Excused Absences, Early Dismissals, Late Arrival to Class Must First Be Officially Cleared & Documented By Ellington’s Office Of Administration Before Acceptance.