

DUKE ELLINGTON SCHOOL OF THE ARTS

Course Syllabus

“Physical Education” -Fitness and Lifetime Sports I & II

Periods 3 & 4

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 physical fitness activities.

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.

Fitness Testing
Social Dane and Cultural Activities for Fitness
Lifetime Physical Activities
Lifetime Physical Management Skills

TEXTS - This class uses Fitness for Life updated 5th edition textbooks by Charles B. Corbin and Ruth Lindsey only to be used in the classroom. Handouts will also be distributed.

COURSE REQUIREMENTS/GRADING RUBRIC **GRADING SCORE**

DAILY APPLICATIONS **100%**

A. Practice and Applications (daily lessons and activities) **50%**

- Class Assignments
- Homework (worksheets, vocabulary)
- Fully engaged and executing exercises and activities with best effort.
- Positive approach & attitudes
- Appropriate Conduct & Behavior as it relates to the students understanding consequences of their personal cause & effect actions/reactions.

B. Participation **10%**

- Completely uniformed & groomed in athletic wear for class by roll call.

D. Assessments **40%**

- Vocabulary Quizzes
- Chapter Tests
- Performance tasks (fitness testing)
- Projects

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.

The DCPS Grading and Reporting Policy specifies three different grade categories for all secondary subjects: Participation, Practice & Application, and Assessments. Work turned in late due to a **verified excused absence** will be subject to the DCPS Grading and Reporting Policy. Work not turned in on time due to any reason **other than a verified excused absence** will be subject to the following grade penalties depending on which category it falls under:

- **PARTICIPATION** - Will receive 0% credit with no chance to make up. Assignments missed due to an excused absence will receive an “e” and will not be counted towards the class grade.
- **PRACTICE & APPLICATION** - Will be worth half credit of the earned grade on the assignment. Assignments missed due to an excused absence will be worth full credit when turned in upon returning to class according to the DCPS Grading and Reporting Policy. **The last day to turn in late assignments is the last day of unit.**
- **ASSESSMENTS** - Tests and quizzes can be made up with no penalty. Other assessment assignments (projects, papers, etc.) will receive a 10% grade penalty for each school day late with the maximum deduction being 50%. **The last day to turn in late assignments or take make-up tests and quizzes is the last day of the unit.**
- **In all cases, it is the student’s responsibility to initiate make-up work.**

Please note: If a student is absent for an extended period of time, or has other extenuating circumstances, the teacher will make appropriate accommodations.

***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...)

UNIFORM & GROOMING POLICY

Athletic wear such as 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) Are Not Permitted in Class and Should be Turned Off and Secured in Students’ Lockers or Bookbags Before and During Class. Cellular Devices will be allowed at times when stop watches, cameras or calculators are needed for instruction and with permission from the class teacher.

(Refer to Ellington 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

10% of the final grade. (Refer to Ellington's 2011-2012 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**

All unit work is expected to be complete and turned in before the unit assessment test. Only with administrator approved excused absences will there be any exceptions to turn work in after the due date.

I = Incomplete (too little work submitted with excused documentation) 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 will result in written assignments given on the course content that should be complete and turned in for calculating advisory grade.

****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**

****Grade reductions will be implemented for 5 unexcused absences in a quarter for a single course.**

****The automatic "FA" (failure due to absences) will be implemented for 10 unexcused absences in a quarter for a single course.**

**** An automatic "F" will be implemented for 30 unexcused absences in a year for a single course.**

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