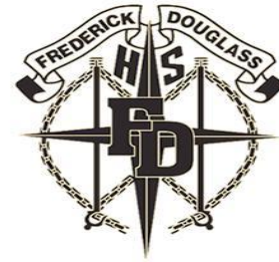


2016-2017 COURSE SYLLABUS RECREATIONAL GAMES



Teacher: Allen

Room Number: GYMNASIUM

Semester: FALL-SPRING 2016/17

Textbook: FITNESS FOR LIFE

Phone Number: 404-802-3151

Email: aaallen@atlanta.k12.ga.us

Tutorial Days: Wednesdays

Tutorial Hours: Wednesdays, 4:00pm-5:00pm

Tutorial Location: G-39

Course Description:

This course provides the students with sound, basic knowledge and understanding of how to attain a healthful level of physical fitness. The course allows the students to develop a lifetime fitness program based on a personal fitness assessment and including the five fitness components: strength, muscular endurance, flexibility, body composition and cardiovascular endurance. Fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information are some of the major areas to be addressed. This course is designed to help students develop self-awareness and responsibility for their own health-related fitness.

Instruction will focus on team games. All games introduced will begin with rules and the history of the game. All games will have a pre and post-test. Each sport should begin with a significant concentration of lead up games.

A state mandated Fitness Gram is required and counts toward student's overall participation grade.

Prerequisite: NONE

Course Content Standards:

PE H.S.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE H.S.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE H.S.3: Participates regularly in physical activity.

PE H.S.4: Achieves and maintains a health-enhancing level of physical fitness.

PE H.S.5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE H.S.6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Course Outline:

Week 1-2	Introduction to Recreational Sports/ Fitness Gram/ Pre Assessment
Week 3-4	Volleyball
Week 5-6	Flag Football
Week 7-8	Softball

Week 9-10	Badminton
Week 11-12	Soccer
Week 13-14	Bowling
Week 14-15	Kickball
Week 15-16	Basketball
Week 17-18	Fitness Gram/ Post Assessment

Evaluation and Grading:

Course Components	Weights	Grading Scale	
Learning Skills (interactive notebook and executive function skills including, timely assignment completion, organization, sustained attention)	10%	100-90	A
Participation	50%	89-80	B
Dress Out	25%	79-70	C
Final Exam/Post Assessment/Fitness Gram	15%	69-0	F
TOTAL	100%	Not Evaluated	NE

Campus Portal for Parents and Guardians: Visit <https://ic.apsk12.org/portal> to view class schedules, attendance records and grades. To activate your account, visit the school to receive your login (activation key).

Required Materials:

Students **MUST** come prepared to class every day with their materials:

- 1-Academic Portfolio (notebook)
- 2-Dress-out Clothing (black, white, and grey or come as close as possible)
- 3-Pencil/Pens

Classroom Expectations:

Expectations

Raise your hand and wait to be called on before speaking
Enter on time prepared and ready to learn with materials
Stay in your seat and ask for permission before you leave it
Pay attention, participate, and keep your head up and off your desk
Expect the best of yourself every day (We Will!)
Care for your personal needs outside of the class.
Take pride in your work, turn in Quality work on time.

Physical Education Rules and Regulations: Non-Negotiables

1. You must wear the mandatory physical education uniform to participate in any physical education classes.
2. After the tardy bell rings if you are not in the locker room you are considered tardy. If your tardy is unexcused you may not dress for class. You will receive a deduction of points for that day.
3. Students will be given 6 minutes to dress for class.
4. Once class is over, students will return to the dressing room to change back into their school clothes. Students will remain in the dressing room until the bell rings or until a teacher has given other instructions. If you are not dressed for class you will remain in the gym until the bell rings.
5. There will be NO eating, chewing gum, and/or drinks in the gym area at anytime. Water is allowed.
6. If students do not dress for class, they CANNOT participate in the class activity. These students must sit in the assigned area designated by their teacher and complete the assigned book work.
7. All students will receive 15 points a day, if you are dressed in the mandatory P.E. uniform and participate.
8. The following points will be deducted from your daily grade, if you do NOT follow rules and regulations in regards to dressing for class:
 - a. Not dressed for class -50 points
 - b. Dressed for class but not participating -25 points
9. If you are checking out during the class period, you are not required to dress for class and NO points will be deducted.
10. Students must take care of their personal needs before coming out of the dressing room. Going to the bathroom and dressing room will not be permitted during class.
11. There will be no fighting or horse playing in or around the gym or in the dressing room.
12. Electronic devices are not allowed in class.
13. No profanity or loud talking.
14. No hats or headgear.
15. Failure to follow P.E./health rules will result in a parent/guardian phone call and detention on the following school day from 4:00-4:30 PM. Failure to serve detention will result in a referral to the grade level administrator.

LATE ASSIGNMENTS: It is important that students are responsible and meet established due dates for assignments. Late is defined as anytime work is submitted after the assignment has already been collected by the teacher.

MAKE-UP AND MISSING ASSIGNMENTS: Students with an excused absence will be expected to submit missed work on or before the third class meeting after the absence. Pre-announced assignments are due upon return to school.

School-wide Expectations:

MASTERY LEARNING: With mastery learning, a unit of material is taught, and student understanding is evaluated before students are able to move on to the next unit. Students who have not shown mastery for a particular unit will receive feedback and support in reaching mastery. They may be given practice exercises, study guides, group work or complementary resources to help them improve and achieve mastery. Students who demonstrate mastery of the content for a particular unit are given enrichment exercises like special projects, tasks or academic games to further or broaden their knowledge of the material.

DEFICIENCY REPORTS: Parents and guardians are informed when students are making unsatisfactory progress in classes. Poor performance will be reported to parents and guardians as soon as problems are evident. Deficiency reports with plans for remediation will be written for all students making unsatisfactory progress, and parent-guardians conferences must be scheduled. Unsatisfactory grades should never come as a surprise to parents, guardians, or students. Teachers will:

- Contact parents and guardians early in the semester if academic, attendance, or behavioral difficulties are apparent.
- Notify the counselor, SST/RTI Chair, and the academy leader of serious problems that are affecting classroom performance.

ATHLETIC ELIGIBILITY: Students wanting to participate in athletic programs governed by the GHSA and extracurricular activities must meet eligibility requirements to participate. The Athletic Director (and the Extracurricular Activities sponsors) will collaborate with teachers to monitor and to identify students in danger of failing courses. All faculty members will be given a master list of students participating in extracurricular activities and athletics under the auspices of the GHSA.

Student Signature and Date

Parent-Guardian Signature and Date

