

## Physical Education Syllabus 2018-2019

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classroom: gym

after school day is Friday from 2:00 to 3:00 pm.

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classroom: gym

after school day is Friday from 2:00 to 3:00 pm.

### Course Description

Students will be actively participating in a variety skills, activities and games to meet the national standards and state standards in Physical Education. Some of the activities will include Flag Football, Dance, Tchoukball and volleyball to name a few. Students will work on skills, strategies and movement in each activity. Students will also participate in activities that will improve their strength, endurance, flexibility and balance.

Students will be able to meet the exit outcomes of their grade level participating in PE through the state and national standards.

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### Course Goals

Students will be able to move with competence and confidence by participating in several activities in different environments that will develop them into healthy individuals.

Students will be using IHT Spirit System heart rate monitors. The Spirit System is a web-based assessment system that uses heart rate monitors. Students will wear these during PE class. The heart rate monitors are designed specifically for physical education to help students gain instant feedback on their effort. They will also engage and educate students on a variety of fitness activities that optimize cardiovascular endurance, flexibility, coordination and self-confidence. The heart rate monitors have three zones: blue means low activity, yellow is moderate activity and red is vigorous activity. We will be adjusting the zones for students according to the activity. The heart rate monitors can also be individually set for students with medical conditions.

## Grading

Grading in PE this year is going to be based on four components.

1. 25% in the zone with your heart rate monitor
2. 25% warm ups
3. 25% assessments and participation in class
4. 25% behavior

Each component of your grade will be based on ten points. You will be able to see your daily grade in X2 within 24 hours of your class.

## In the Zone



10 points -- meeting the zone 100% - 30 minutes (zone time may vary)

9 points -- 28 minutes in the zone

8 points -- 26 minutes in the zone

7 points -- 24 minutes in the zone

6 points -- 22 minutes in the zone

5 points -- 20 minutes in the zone

Adjustments will be made to accommodate individual students and students with medical conditions. We will make adjustments will be made as needed.

## Warm ups



10 points -- completing the 100% warm ups and being extremely active the entire time/challenging yourself

9 points -- active and completing 90% of the warm up

- 8 points -- pretty active and completing 80% of the warm up
- 7 points -- slightly active and completing 70% of the warm up
- 6 points -- somewhat active and completing 60% of the warm up
- 5 points -- not active and completing 50% or less of the warm up

### Assessments and participation



- 10 points extremely active - participating the entire class/completing assessments
- 9 points - very active - participating 90% of the class/completing 90% of assessments
- 8 points - active - participating 80% of the class/completing 80% of assessments
- 7 points - slightly active - participating 70% of the class/completing 70% of assessments
- 6 points - somewhat active - participating 60% of the class/completing 60% of assessments
- 5 points - not active - participating 50% of class/completing 50% of assessments or does not participate in warm ups

### Behavior - Core Values: Awareness, Responsibility, Respect and Kindness

- 10 points - comes prepared for class, wears proper PE clothes consistently demonstrates the core values of Nock Middle and follows directions 100%
- 9 points - comes prepared for class, wears proper PE clothes, very often demonstrates the core values of Nock Middle and follows directions 90%
- 8 points - has sneakers but not a change of clothes, most often demonstrates the core values of Nock Middle and follows directions 80%
- 7 points - does not have sneakers and has to have an alternative activity, or has sneakers, often demonstrates the core values of Nock Middle and follows directions 70%

6 points - has sneakers, seldom demonstrates the core values of Nock Middle to everyone and follows directions 60%

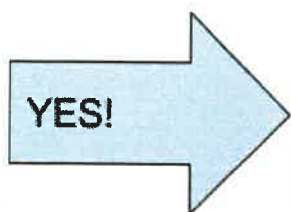
5 points - does not participate in class or has sneakers, very seldom demonstrates the core values of Nock Middle and follows directions 50%

### **Dress for PE:**

crew neck t-shirt with sleeves, short or long sleeves (please no tank tops or sleeveless shirts)

Sneakers - must wear sneakers (street shoes, boots, flip flops, sandals, tevas and crocks are not acceptable footwear)

Shorts (must be below the fingertips), leggings, and sweatpants are all acceptable



Please note: A note is required if you cannot participate in PE either from home or a doctor. If a student has an injury a re-entry note is required.

### **Homework**

All classes will be on google classroom. Students should look for notices and homework on google classroom.

**Note**— This syllabus is a working document that the teacher may modify throughout the semester.