



2021-2022 PE 10-12  
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### **Course Description**

The purpose of physical education is to educate and give exposure to students about physical fitness, individual and team sports, and lifetime activities. It is important for students to be physically active and continue to be so throughout their lifetime in order to live a healthy lifestyle.

### **Goals for Student Learning**

- The student will plan, monitor, and evaluate his or her own learning.
- Through thinking skills, the student will be able to creatively, critically and strategically make effective decisions, solve problems and achieve goals.
- The student will plan, participate in, monitor and evaluate communication experiences in a variety of situations.
- The student will work effectively with others and participate responsibly in a variety of situations.
- The student will demonstrate competency in a variety of motor skills and movement patterns.

### **Textbook and Materials**

- Internet Access and chromebook/laptop
- Microsoft Teams Access
- Its Learning login information
- The Bel Air High School PE Uniform. You can buy it before homeroom. The cost is \$25, cash or check. Please include the student's name and a good phone number on the check, as well as "To: BAHS".
- Face Mask
- Athletic Socks
- Tennis Shoes
- Warm Athletic Clothing- sweat pants and sweat shirt for outdoors
- Suggested: water bottle, deodorant, body wipes, towel

### **Course Outline**

#### **Concepts**

The following psychomotor skills will be covered in our daily activities: Striking in Lifetime Activities, Throwing and Catching in Team Activities, Striking in Team Activities, Throwing in Lifetime Activities and Integrated Movement. Students will also be responsible for participating in a variety of warm-ups and daily fitness activities.

#### **Attitude/Behavior/Cooperation**

Your overall positive attitude, behavior and ability to work with others will determine your success, not only in physical education class but also in life. Understanding individual abilities and having respect for

everyone in class is expected at all times. Treat others with the respect you would like to be treated with each and every day. Disrespectful behaviors will result in a deduction from the Affective Rubric #3 (sportsmanship).

### **Cognitive Assessment**

Throughout each unit and at the end of each unit, students will be assessed on their knowledge by completing daily written assessments (practice) as well as benchmark quizzes (process). Fitnessgram testing (process) will be administered at least 2 times during the semester. Benchmarks and a cumulative final exam will be given at the end of the semester (Product).

### **HCPS Grading Policy**

<b>Examples of Product, Process, and Practice</b>		
<b>PRODUCT (50%)</b> <i>Culminating Demonstration of Knowledge</i>	<b>PROCESS (30%)</b> <i>Addressing Specific Short-Term Learning Outcomes</i>	<b>PRACTICE (20%)</b> <i>Building Attitudes, Habits, and Skills</i>
Psychomotor Rubric Assessments <ul style="list-style-type: none"> <li>• Striking in Team Activities</li> <li>• Striking in Lifetime Activities</li> <li>• Throwing in Lifetime Activities</li> <li>• Throwing and Catching in Team Activities</li> <li>• Integrated Movement in Team Activities</li> </ul> Engaged in Learning (Daily Rubric)  Affective Rubric (sportsmanship)– 1 per unit	Cognitive Benchmarks  Fitness Testing Completion  Written Assignments <ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Homework</li> <li>• Exit Tickets</li> <li>• Peer Assessments</li> <li>• Self-Assessments</li> </ul>	Prepared for Learning (Daily Rubric)

**\*\*Extra credit will not be given for non-academic purposes\*\***

### **Absent Work Policy**

All assignments should be submitted on time. Students will be given the number of class periods equal to the number of lawful class periods absent to turn in completed make up assignments without penalty.

### **Late Work Policy**

All assignments should be submitted on time in order to earn full credit. Any assignment, (*product, process, or practice*) will be allowed to be turned in late for one letter grade deduction from the grade a student earns on the assignment. In order to earn credit for late assignments, students must submit assignments by the end of the day on Wednesday (except for the last week of the quarter) following the designated HAC update. Students are only able to submit assignments that have an established due date within the grading window before the designated

HAC update. Assignment that are turned in for late credit will be identified by a footnote in HAC to include a statement about the deduction of a letter grade due to the lateness of the assignment.

Grading Window	Designated HAC Update	Late Work Due Date
September 8- September 24	September 24	September 29
September 27- October 13	October 13	October 20
October 14- October 29	October 29	November 5 (Friday)
November 8- November 19	November 19	November 24
November 22- December 10	December 10	December 15
December 13- January 13	January 13	January 21 (Friday)
January 24- February 11	February 11	February 16
February 14- February 25	February 25	March 2
February 28- March 11	March 11	March 16
March 14- March 25	March 25	March 31 (Thursday)
April 1- April 22	April 22	April 27
April 25- May 6	May 6	May 11
May 11- May 20	May 20	May 25

### **Academic Integrity**

Academic integrity is taking responsibility for the quality and completion of one's own work. Academic dishonesty is taking someone else's work and claiming it as one's own. Students at Bel Air High School are responsible for knowing what is considered to be Academic Dishonesty and the subsequent consequences. More information can be found in the BAHS Student Planner.

### **Classroom Rules and Procedures**

- Use the bathroom and hydrate before class begins.
- Class begins at the assigned online time. Lateness will result in a deduction from your Prepared for Learning (Rubric 1) grade. Make sure to indicate "here" during attendance.
- No gum while participating.
- You are expected to participate to the best of your abilities in every activity presented. Please be mindful of your camera angles during class and activity.
- You are expected to show courtesy and respect for your teacher and classmates. If you are disrespectful, insubordinate or disruptive you will be asked to leave and receive a zero for that day in addition to disciplinary actions. Please review and follow digital citizenship guidelines.

### **Cell Phone Policy**

- Students will place their cellphones in a teacher designated area as they enter each classroom. Teachers will review with students the specific location for each room. The phones will remain in the teacher designated area unless teachers explicitly tell students to take out the phones for instructional use.
- Cellphones will remain in the teacher designated area during bathroom visits, assemblies and trips to the nurse/counseling office/main office.
- Cellphones will be retrieved from the teacher designated area at the end of class at the direction of the teacher.
- If the cell phone policy is violated, it is a referable offense.

Please complete the Syllabus Agreement Form:

<https://forms.office.com/r/wyszUiLbcu>