

Physical Education

Pleasant Valley High School

**Goals and Objectives:** As taken from the National Standards and Grade Level Outcomes for physical education grades 9-12.

- Demonstrate Competency in a variety of motor skills and movement patterns
- Applies knowledge of concepts, principles, strategies, and tactics related to movement performance
- Demonstrates the knowledge and skills to achieve a health- enhancing level of physical activity and fitness
- Exhibits responsible personal and social behavior that respects self and others
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Curriculum:**

- 9th grade will include but not be limited to: volleyball, track and field, basketball, field games, disc sports, field hockey, dance, flag football, lacrosse and fitness testing. Personal fitness, nutrition and fitness concepts will be woven throughout the year.
- 10<sup>th</sup> grade will include but not be limited to: Volleyball, Badminton, Pickle ball, Football, Soccer, Basketball, Indoor games, golf, dance and spike ball. Students will build upon fitness concepts and personal fitness learned during the 9<sup>th</sup> grade year.

**Dress for success:**

Students are required to dress in appropriate athletic clothing when participating in PE to allow for maximum movement and safety. This includes appropriate athletic shoes and socks and the following:

1. A Blue, Black Gray or white t-shirt with the students' last name printed on the front. (A PV PE shirt may be purchased in the student store for \$10.) **No tank tops or cut-off shirts are allowed**
2. Blue, Black or Gray ATHLETIC shorts with the student's last name printed on the front. (Blue PV PE shorts may be purchased from the student store for \$10)
3. If purchased together, the PV PE uniform is \$18 in the student store.

\*Students may wear sweatpants and sweatshirts for cold weather, as long as it follows the school dress code and is appropriate for physical activity. **NO PAJAMA BOTTOMS.** Please speak to teacher directly if there are any concerns with purchasing PE clothes. Clothing worn should NOT be see through. This includes but is not limited to: tops spandex, yoga pants etc.

\*Students may wear hats, following the school policies.

\*Gum, food or drinks (other than water) are not to be brought into the locker room or out to PE!

**Class Expectations:**

Students are expected to be in the locker room by the tardy bell. Upon dressing down students will meet at the designated roll call location. Students are expected to be dressed appropriately and participate each day with a positive attitude, respect for themselves, teacher, peers and PE equipment.

**Medical Excuses:**

If a student is unable to participate in class activities due to an illness or injury that last longer than 3 days, S/he must present a medical excuse with the doctor's signature detailing the illness or injury and then length of time needed for recovery. Any student unable to participate in activity may be required to do additional work in placed of the missed activity.

**Make-Ups:**

Students are responsible for making up excused absences. Students may attend a Wednesday lunch, or Wednesday 7:00 am makeup to earn missed points. Wednesday make-ups will require students to dress in appropriate PE clothing and be prepared for fitness.

**Grading:**

**Participation (80% of grade):** Students are expected to participate daily with a positive attitude and ample effort through the entire period. Students may earn or lose points each day for the following reasons:

- Effort, Arrive on time, dress in athletic clothing and shoes/socks, show respect for all persons and equipment.

**Assessment (20% of grade):** Students will be assessed throughout each grading period to demonstrate knowledge of Grade Level Outcomes. Students may be assessed with fitness activities, written work and/or skill.

**Cell Phones: CELL PHONES ARE NOT TO BE USED DURING CLASS!!!**

**Locks will be provided for student use, if students lose lock during the school year they will be billed.**

**If you need to contact your teacher, please use staff directory to email them.**