

**Course:** PE SR HIGH (9<sup>TH</sup> GRADE) **Number:** 5503, 5504

**Subject Teacher:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Student:** \_\_\_\_\_

**Description of Semester Course:** The goal of high school physical education is for students to practice and develop the knowledge, skills, and confidence needed to maintain meaningful physical activity throughout their lifetime. Students develop proficient movement skills; they expand their capabilities for independent learning; learn the health-related benefits of regular physical activity; and they examine practices that allow sound decision making to enhance successful participation in a physically active, healthy lifestyle. (California Physical Education Content Standards.)

**Directions:** Submit course work to supervising teacher on or before the monthly due date. Required work is detailed in this agreement and in monthly work list as distributed in study group and on-line. Work submitted must be verified by parent signature in order to receive credit.

### **Semester Content and Topics**

California Physical Education Content Standards include the following:

1. Students demonstrate knowledge of and competency in the motor skills, movement patterns and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
4. Students demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

### **Objectives & Methods of Study**

Student will complete and submit all four pieces as described below:

- A. Keep a detailed, dated log of your physical activities on the form provided. This form must be verified by a parent, coach or personal trainer to be accepted for credit.
- B. Assess in at least 150 words the effectiveness of your physical activities and fitness goals. You will describe how well the plan worked, what parts worked the best, what needs to be changed, and your physical and psychological responses to your activities during and after exercise.
- C. Read, discuss, and complete assignments as provided that cover practices guiding sound decision making to enhance successful participation in a physically active, healthy lifestyle.

### **Resources:**

Textbook: Glencoe Health (5<sup>th</sup> edition)

Mt. Everest Academy Multimedia Lab; study group and school activities when provided.

**Due Dates:**

See page one of Master Agreement and school website calendar

**Evaluation criteria and methods:**

Academic grades will be based on the quality of work submitted on time according to directions and expectations above and on the monthly work lists. Written, oral and performance assessments will be included in the grade. Parent, teacher, coach or personal trainer tutor must monitor and check monthly work to be submitted for academic credit. Supervising teacher will assess all work submitted by deadline and will issue grades based on a total point system. Work submitted after the due date cannot earn full credit.

“A” grade = Consistently superior work quality.

“B” grade = Above average work quality.

“C” grade = Satisfactory or average work quality.

“D” grade = Below average quality or quantity of work.

“F” grade = Failure, credit not granted.

“I” grade = Incomplete course work. Six weeks allowed for makeup.

“NC” = No credit.

**Supervising Teacher:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Subject Teacher:** \_\_\_\_\_ **Date:** \_\_\_\_\_

ESLRS (Expected School-wide Learning Results):  
Communicate effectively through reading, writing, listening and speaking.  
Think and solve problems independently and critically.  
Demonstrate the confidence, resilience, and self-esteem to succeed in life.  
Use resources, including technology, to locate needed information.  
Demonstrate good citizenship and personal integrity.