

**SPHS Course Syllabus
2014-2015**

Course Title	9 th Grade Physical Education / Life Course
Department	Physical Education
Course Goal	The focus of this course is health enhancing physical activity. The students will learn to apply the various aspects of fitness and assess their own fitness levels. The students will develop and maintain an individual level of fitness that forms the groundwork for a healthy future. Learning to make physical activity a part of their lives past high school is the main objective.
Textbook	Fitness for Life
Required supplies	Athletic attire, athletic shoes pen or pencil, Chromebook or iPad, headphones

Grading	Description	%
	Dress & Participation; Cardiovascular Training	80
	Testing & Assessment	20
	Total %	100

Dress & Participation

- Students start each nine week period with 100 points for Dress & Participation.
- Each time a student fails to dress out properly (athletic shoes, athletic attire) and/or fails to participate, 4 points will be deducted from their average for the nine week period.

Cardiovascular Training

- Cardiovascular Training is a part of each student's participation grade. Students must complete a cardiovascular session on days when assigned as a class activity.

Testing & Assessment

- Students will have periodic testing and/or assessment of their knowledge and skill in the activities taught and information provided (this includes Life Course).

The students will:

- Be informed and receive policies and procedures for physical education.
- Be issued a locker in the physical education locker room.
- Learn the components of physical fitness and how to incorporate these components into a personal fitness plan.
- Complete the Physical Fitness Test (Fall and Spring).
- Complete the Physical Education Life Course.
- Participate in the mile club/ cardiovascular training.
- Learn the history, rules, terminology and skills for each activity taught.

Discipline:

- Student discipline and strict adherence to class/school rules and policy are vital for a successful class/school experience for all students.
- Violation of rules/policy will be discussed with the student and documented. Continued violation of rules/policy will result in further action from the teacher with administrative assistance if necessary.
- Serious violation of school rules/policy may result in removal of the student from class and prompt administrative assistance.