

**Jefferson County High School  
Course Syllabus**

**A. Course: Physical Education I & II**

**B. Department: Physical Education**

**C. Course Description:** A physically educated person will perform advanced motor skills by participating in individual, duel, team sports, fitness activities, and cooperative games. They will advance their cognitive concepts and maintain an active lifestyle.

**D. Grade Term: Semester**

**E. Grading Scale**

<u>Range</u>	<u>Honors/ Regular</u>	<u>College-Level</u>	<u>A.P.</u>
93-100 A	4.0	4.5	5.0
85-92 B	3.0	3.5	4.0
75-84 C	2.0	2.5	3.0
70-74 D	1.0	1.5	2.0

**F. Term Dates**

- a. 1<sup>st</sup> 9 Weeks August 5, 2016 – October 7, 2016
- b. 2<sup>nd</sup> 9 Weeks October 8, 2016 – December 16, 2016
- c. 3<sup>rd</sup> 9 Weeks January 5, 2017 – March 15, 2017
- d. 4<sup>th</sup> 9 Weeks March 16, 2017 – May 25, 2017

**G. Textbook(s): NA**

**H. Other Required Reading: NA**

**I. Other Resources**

- a. Odysseyware

**J. Major Assignments**

**K. Procedures for Parental Access to Instructional Materials**

- a. Aspen Parent Portal
- b. Instructor's Website
- c. Email Instructor
- d. Parent Teacher Conference

- a. There are two designated conference dates during the school year. Parents who would like to request additional meetings may make appointments for conferences with the teachers (during their planning periods), counselors, or a principal by telephoning the school office.

#### **L. Field Trips**

- a. Any schedule fieldtrip will have a definite educational purpose and will reflect careful planning. Signed permission forms will be obtained when an off campus trip is planned.

#### **M. Standards & Objectives**

##### **1<sup>st</sup> Nine Weeks**

- a. I can apply and perform an overhand, underhand, backhand, and forehand throw.
- b. I can apply and perform striking with a body part, short implement, and a long implement.
- c. I can recognize rules.
- d. I can explain rules
- e. I can apply rules.
- f. I can recognize a healthy lifestyle.
- g. I can recognize an unhealthy lifestyle.
- h. I can compare and contrast the difference between an anaerobic exercise to an aerobic exercise.
- i. I can exemplify sportsmanship in both winning and losing.
- j. I can understand the benefits in working well with others.

##### **2<sup>nd</sup> Nine Weeks**

- k. I can apply and perform an overhand, underhand, and a jump serve.
- l. I can apply and perform serving with a short and long implement.
- m. I can classify and explain the skill related components.
- n. I can execute a physical activity at a community resource.
- o. I can differentiate between my personal resting, maximum, target, and recovery heart rate.
- p. I can exemplify proper etiquette during physical activity.
- q. I can attribute my success in participation to my increasing confidence level.