# **College Park High School Physical Education**

# **Advanced Basketball Syllabus**

**COURSE DESCRIPTION**

Advanced Basketball is the examination of advanced mental and physical fundamentals of the game of basketball. Students will learn how to play the game of basketball offensively, as well as how to play team defense. Physical fundamentals will include form shooting and specific drills related to dribbling and passing.

**OBJECTIVE OF THE COURSE**

The student will:

A) Understand and be able to explain the rules of Basketball.

B) Students will be able to define and perform defensive and offensive basketball techniques.

C) Students will evaluate various plays and techniques for effectiveness in varying situations.

**TOPICAL OUTLINE**

A) Orientation Phase

1) Warm-up, stretching procedures, agilities session.

2) Explanation of the schedule for the day.

3) Explanation of what drills and skills will be focusing on.

4) Demonstration of proper techniques.

5) Group scrimmage.

B) Continued Instruction and Training

1) Mini lectures on strategies and development of knowledge and history of Basketball

2) Further instruction on evaluating and improving techniques and fundamentals

C) Quarterly Assessment

1) Physical and written testing

## **APPROPRIATE ATTIRE**

All students are expected to come to class dressed and ready for Physical Education. Students not dressed appropriately are not prepared for class. Students are responsible for locking their belongings in their assigned PE locker. College Park Physical Education uniform recommended. Plain white, purple, black or grey t-shirt and short. Sweats brought from home must be solid gray, purple, or black. **The student’s last name and first initial must be printed legibly and visibly on their PE attire.** Any attire that violates the College Park dress code will not be accepted.

1. Athletic shoes are to be LACED or VELCROED CLOSED. No OPEN TOE SHOES/ SANDALS, SLIP ONS (Vans), PLATFORM SHOES, FLIP FLOPS. Shoes MUST be securely tied to the feet. Socks must be worn.

Shorts are to be worn around the waist. Sagging shorts below the waist for style and fashion will result in being marked not dressed/not prepared for class.

**STUDENT POINTS AND GRADING:**

# Preparedness, participation, acceptable behavior and adherence to safety protocols in all class activities are a prerequisite to earn credit in Physical Education.

# Advanced Basketball is graded on traditional A through F Scale.

100-90%=A 89-80%=B 79-70%=C 69-60%=D <59% =F

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# **EXCUSED MEDICALS, ABSENCES AND MAKE UP WORK**:

# Physical Education is a participation-based class, and regular attendance is critical for success. If a student is unable to participate in physical education for a medical or legally excused reason, the teacher must have a note from their parent or guardian for each affected class session. After one week (four consecutive class sessions) with a parent note, a doctor’s note will be required. **Students must still dress in PE attire for make up work to be an option. It is the student’s responsibility to obtain makeup work. Students are allotted a maximum of 5 written make up assignments per semester. Any absence/medical make up after 5 will be administered at teacher’s discretion. Make up work must be submitted by student to PE teacher within two weeks of students return to class. Unexcused/Truant absences and non-participation will receive no credit for the day and no make up work will be accepted!**

## **CLASSROOM POLICIES, RULES AND EXPECTATIONS**

1. Absolutely **NO** Cell phones or electronic device use during instructional time! If a cell phone is seen during instructional time it will be confiscated. Cell phone use will not be permitted!!!
2. Arrive to class on time with appropriate PE materials.
3. Respect classmates and others at all times. Listen when others are talking.
4. No gum, food, or drinks in class. Water is permitted.
5. No use of equipment or apparatus unless instructed by teacher.
6. Full participation is expected.
7. Inappropriate behavior will not be tolerated.
8. No backpacks, bags, purses, books, etc. allowed in class.
9. Report any injuries to instructor **IMMEDIATELY.**

**LOCKS and LOCKERS**

1. Each student will be assigned a locker and lock which they can store their PE clothes.
2. LOCKERS MUST BE LOCKED WITH AN **ASSIGNED PE LOCK**!!!
3. Students are only to use their assigned locker. Students will be held responsible for any damage/ vandalism done to their lock and/or locker. Lost locks will result in a **$10** replacement fee.
4. CPHS and its teachers/Administration are not responsible for lost/stolen items.
5. DO NOT BRING VALUABLES TO THE LOCKER ROOM!

**MEDICAL CONDITIONS**: It is extremely helpful to the teacher to be aware of any medical conditions that your child experiences. A note from your doctor will assist us in planning or adapting your child’s program. This information will be kept confidential.

**PLEASE SIGN AND RETURN**

I have received and read a copy of the physical education syllabus and agreement.

**Student name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MEDICAL CONDITIONS, MEDICATIONS, IF ANY THAT TEACHER SHOULD BE AWARE OF:**

#### **Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Parent/Guardian Name (printed): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Info (phone):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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