**Judson High School**

**Physical Education Syllabus**

**Individual Sports**

Coach Urbanovsky

Judson High is pleased to have your child in the physical education program. This letter is to inform you of the rules, regulations, and grading procedures in the physical education program. This subject is **required** for graduation by the state of Texas (1 credit).

**Vision Statement:** All students will understand the importance of a healthy lifestyle by engaging in a variety of activities to meet their personal health expectations and/or needs.

**Instructor Information:**  I am entering my 27th year of teaching. I have been blessed to teach at the elementary, middle school, high school and collegiate level. From all of these experiences I feel I have a wealth of knowledge to share at a personal level for you to become a strong, confident, and healthy individual. Since Judson is such a diverse population, you will have many opportunities to work in group settings with students who will prepare you for settings in real life situations. My personal goal is for you to leave confidently to be an active member in society.

**Overview of Course:** Physical education is to promote the optimum physical, mental, ethical, and social development of our youth as contributing members of a democratic society. The students in this class will be able to demonstrate competency in many movement forms and proficiency such as badminton, weight training, bowling, track & field, basketball, volleyball, and cross-fit training.

**I am available before school from 8:00am-8:30am in N130 (Womens’ Coaches Office or B151)**

**Scope of Course:**

***Goal 1:*** To learn knowledge and motor skills basic to efficient movement.

***Goal 2:*** Learn rules, knowledge and skills basic to beginning or intermediate participation in individual sports.

***Goal 3:*** Motivation and development of a high level of personal physical fitness and the ability to maintain this level. The student shall be provided the opportunities to:

The course will be structured in 1-week lessons. You will be tested over history, rules, and scoring of the sport. You will also be tested over your performance of basic skills taught in the course. You will be expected to participate daily in the virtual activities as part of your participation grade.

**GRADING SYSTEM: Judson ISD grading policy- 60% Daily/Quizzes, 40% Test/Major Projects**