

## Spaulding High School

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**Course Title:** Physical Education Basics

**Department:** Physical Education

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### **Course Description:**

This PE course is focused on understanding and participating in basic fitness programs that align with the '5 elements of fitness' (*Cardiovascular fitness, Muscle Strength, Muscle Endurance, Flexibility and Body Composition*). Four days per week students will experience different genres of fitness where they will work towards better understanding program design, goal setting and safe form in fitness movement patterns. Students will also learn and demonstrate the six motor skill categories & specific skills and varied (COVID-19 approved) games.

\*Game play & in-person fitness options will be modified and updated when new information arises AND upon administration approval.

### **Areas of Study:**

Self-Awareness & Group Dynamics  
Motor Skill Development & Game Play  
Fitness Movement Pattern Development  
Fitness Program Design  
PE Portfolio  
WeVideo

### **Materials/Text(s):**

Google Classroom  
Chromebook  
Google Sites

**Replacement cost(s): \*TBD**

### **Practice:**

Students will have criteria for all Standards/Performance Indicators and will have several opportunities each week to gather and submit evidence towards proficiency.  
Students will participate in daily tasks and remote workouts.

### **Assessment/Reassessment:**

[PE Benchmarks](#)

Students will be assessed every three weeks (following the progress reports schedule).

### **Safety protocols (these may change over the course of the year):**

- Covid-19 Handbook [LINK](#)
- Specifically for in-classroom:

- Wear your mask over your nose and mouth at all times
- Abide by Physically Distancing guidelines (6 feet)
- Wipe down your desk/chair/materials/equipment before leaving
- No food/drink other than water in the gymnasium
- Don't leave any possessions in gymnasium

**Expectations:**

Necessary materials: Proper attire for movement for in-person class. Computer access at home will be helpful as assignments will often be posted to google classroom. That said, we have chromebooks in P.E. that can be used on a daily basis.

Accessing support when needed: I'm available via email before school, after school, and during Wednesday Office Hours (9:30-11:30). Please don't hesitate to contact me if you have any course related questions.

Cell phone use: Cell phones should be off and in a bag or purse during class time unless otherwise directed. Violation of this policy will be reflected in a reduction of the Accountability grade.

**Remote Expectations:**

- Student Expectations [LINK](#)
- Specifically for this class:
  - One hour of work per day (remote workouts and videod lessons)

**List of Assessed Course Standards:**

[PE Standards Addressed](#)