

Girls Physical Education

Course Guidelines

Mrs. Alyssa Stenberg

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913-422-1100 ext. 2784

Plan time: 10:36-11:25

Course Objectives

- Demonstrates competency in motor skills and movements patterns needed to perform a variety of physical activity.
- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Regular participation in physical activity.
- Achieves and maintains a health-enhancing level of physical fitness.
- Student shows responsible personal and social behavior that respects self and others in physical activity settings.
- Value is placed on physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
- Communicates with teammates effectively during game play.

Course Evaluation

50% Participation: 5 points per class for participation, effort, and teamwork

50% General Points: 5 points per class for dressing out (athletic clothes: shirt, shorts/pants, and athletic shoes)

Health Education Class

During the course of the school year, 6th grade students will participate in a Nutrition Unit, which places focus on healthy eating choices. The student will study the six nutrients of food and practice good decision making.

During the course of the school year, 7th grade students will participate in Project Alert, which places focus on drug & alcohol education. The student will study the negative effects of alcohol, tobacco, and drug use.

During the course of the semester, 8th grade students may participate with an op-in class which places focus on abstinence & sex education. The student will study the human reproductive system and sexually transmitted infections.