



Fairfield Ludlowe High School - Fairfield Warde High School  
**Physical Education 2 (11th/12th)**

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Insert Teacher Name

Insert Room Number

Insert Full Year/Semester

Insert Period

Insert Email Address

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## COURSE DESCRIPTION

The design of the high school physical education program is to educate students toward a physically active lifestyle by helping them to understand the physiological benefits of exercise not only in physical education class but as an integral part of a healthy lifestyle. During the high school years of physical education, students acquire and hone the specialized physical skills and knowledge they may use for their lifetime. The outcomes that follow are intended to support students by preparing them for a physically active lifestyle and culminating in a physically literate individual.

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## COURSE OBJECTIVES

Students will be able to:

### Unit 1: Net Games

*Focus:* Developing coordination, agility, and teamwork through net-based games.

• **Objectives:**

- Understand the basic rules and strategies of net games.
- Improve hand-eye coordination and reaction time.
- Develop teamwork, communication, and strategy within a group setting.

### Unit 2: Team Sports

*Focus:* Building teamwork, leadership, and strategic thinking through traditional team sports

• **Objectives:**

- Learn and apply the fundamental skills and rules of various team sports.
- Develop strategies for offensive and defensive play.
- Promote sportsmanship, communication, and collaboration.

### Unit 3: Backyard Games

*Focus:* Engaging in informal, recreational games that can be enjoyed in a backyard or park setting.

• **Objectives:**

- Promote the enjoyment of physical activity in informal settings.
- Encourage friendly competition and teamwork in non-traditional games.
- Understand the value of recreational activities for mental and physical wellness.

### Unit 4: Wellness

*Focus:* Mental health, nutrition, and overall wellness practices.

• **Objectives:**

- Understand the importance of physical, mental, and emotional well-being.
- Learn about healthy eating habits and the role of nutrition in fitness.
- Explore mindfulness techniques, stress management, and the connection between physical activity and mental health.

## UNITS OF STUDY

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Net Games  
Team Sports  
Backyard Games  
Wellness

## COURSE POLICIES AND REQUIREMENTS

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### GRADING

#### Cumulative/ In- Progress Grading

The grading rubric is 10 points per day based on preparation, participation, effort, and sportsmanship.

**Fairfield Physical Education Grading Rubric**

HS Daily Points	3 points	2 points	1 point
<b>Responsible Personal and Social Behavior</b>		Always demonstrates good sportsmanship and uses equipment safely.	Occasionally demonstrates good sportsmanship uses equipment safely.
<b>On-Task Behavior</b>	Students participate on task for 100% of the class period without being prompted by teacher/peers.	Students participate on task most of the time with teacher/peer prompts.	Student is occasionally on task and usually needs peer/teacher prompts to maintain on task behavior.
<b>Level of Intensity</b>	Students will demonstrate a vigorous level of intensity when participating in physical education class.	Students will demonstrate a moderate level of intensity when participating in physical education class.	Students will demonstrate a minimal level of intensity when participating in physical education class.
<b>Application of Knowledge</b>		Always demonstrates an understanding of: skills, strategies and rules/scoring.	Occasionally demonstrates an understanding of: skills, strategies and rules/scoring.

### MATERIALS

Proper athletic attire (including shoes that are suitable for physical activity) is required.

### EXPECTATIONS OF STUDENTS

Be on time for class and prepared to participate in all activities.

- Active participation is required in all activities to help foster a positive, supportive learning environment.
- Respect yourself, your classmates, and the equipment at all times.
- Proper athletic attire (including shoes that are suitable for physical activity) is required.
- Follow all safety guidelines and instructions to ensure a safe learning environment.
- If you are absent, it is your responsibility to make up for missed work. Check in with your teacher to schedule a time to make up the missed class.