

## **PHYSICAL EDUCATION 6-7**

Mr. Joshua Whittaker

whittakerj@trinityknights.org

### **COURSE GOALS/OBJECTIVES/STANDARDS:**

The Physical Education Standards focus on the development of a “physically educated” person, emphasizing the development of movement, balance, physical activity and fitness, and positive attitudes for all students. This is based on the Standards of Florida and those of the Diocese of Pensacola-Tallahassee. Goals include the following:

- Students will develop teamwork and cooperation skills
- Students will develop competency in various movement forms
- Students will show proficiency in movement
- Students will be able to apply concepts and attitudes to their performance
- Students will develop the skills of games by acquiring rules and premises of play

### **Course Curriculum:**

Physical education is an essential part of the total education program. Physical education programs promote the physical growth and development of children and youth while contributing to their general health and well being. These programs are based on a planned sequence of experiences in a wide variety of activities. Ultimately, they should help young people keep physically fit and enjoy many forms of physical activity during the school year and continuing throughout life. I envision students enjoying physical activity, developing physical fitness, and pursuing wellness as a part of a healthful lifestyle.

### **Grading:**

Students will earn normally a grade up to 10 points, every time they come to class fully engaged and challenging oneself. The grade can change if they are not “in sync “ which can drop them to a 0 at the start of class. This grade can quickly climb if the student engages the class wholeheartedly, but never recovers due to the initial fact of not being prepared for class. Various degrees of change from 10 points can occur if the student is off task or unwilling to join in on today’s activities, or poor judgment and sportsmanship is displayed as well. Other possible grades for *skills’ tests or quizzes* will range from 10-15 points respectively.

If a student has a doctor's note or is unable to participate that day, an Ex (exempt) will be applied to the gradebook. If further excusal of P.E. is necessary then a doctor's note is mandatory for future exemptions.

**Supplies:** P.E. Uniform, sneakers, and a positive attitude!

**Google Classroom:** My page will be used for reminders if/when tests, quizzes, and homework is assigned.

**PowerSchool:** Grades will be posted regularly and are both the Parents and Students responsibility to monitor. Any questions regarding grades can be addressed via email or phone when time permits. Questions regarding PowerSchool access can be answered by front office personnel.