



Fairfield Ludlowe High School - Fairfield Warde High School  
**Physical Education 1 (9th/10th)**

---

Insert Teacher Name

Insert Room Number4

Insert Full Year/Semester

Insert Period

Insert Email Address

---

## **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.

The CONNECTICUT PHYSICAL FITNESS ASSESSMENT (3RD GENERATION CPFA) is required by the state to be administered once to all high school students. The assessment consists of four tests addressing the following components of fitness: flexibility, abdominal strength and endurance, upper body strength and endurance, and cardio-respiratory endurance. During Physical Education-1, the physical education staff will prepare and administer the assessment to all of their PE-1 classes. This assessment is part of the ongoing process of helping our students understand, improve and/or maintain their overall fitness.

---

## **COURSE OBJECTIVES**

Students will be able to:

### **Unit 1: Fitness**

*Focus: Cardiovascular health, strength, flexibility, and body composition.*

#### **Objectives:**

- Improve cardiovascular endurance through running, cycling, and aerobic exercises.
- Develop muscular strength with bodyweight exercises, resistance training, and flexibility routines.
- Learn how to assess personal fitness levels (e.g., push-ups, sit-ups, mile run).
- Understand the benefits of regular exercise on overall health.
- Develop a personal fitness plan to maintain long-term physical health.

### **Unit 2: Net Games & Racquet Sports**

*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 3: 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.

## **UNITS OF STUDY**

---

- Net Games & Racquet Sports
- Team Sports
- Fitness & Fitness Testing

## **COURSE POLICIES AND REQUIREMENTS**

---

### **PARTICIPATION**

All students will participate in physical education unless excused for medical reasons by their physician or parent (see medical section).

### **DRESS CODE & LOCKER ROOMS**

- Attire: All students should come dressed in physically active clothing for PE class. Examples: (T-shirt with sleeves, athletic shorts of appropriate length, leggings, sweats and sneakers that tie)
- Footwear: Students without sneakers will not be permitted to participate in class. Any student who does not have sneakers on and is not excused from class with a note will receive a zero until the class is made up.
- Locker Rooms: Students have time before and after class to utilize the locker room to change into PE clothes and use the restrooms. Locks are provided.

### **MEDICAL EXCUSES**

- A short-term medical excuse, no more than two (2) consecutive classes, requires a written statement from parent/guardian, or the school nurse.
- Depending on the nature of the medical, sometimes modifications can be made to allow the student to continue participating - please ask the physician for a note specifying what is/not permitted.
- A long-term medical excuse, more than five (5) consecutive classes, requires a written release from a physician. Long-term excuses should be brought to the school nurse who will forward it to the physical education department.
- Students will be given alternate assignments through google classroom if they will be medically out long-term.

### **ATTENDANCE & ABSENCES:**

Attendance policy for a semester long course, 5 AU's for a Semester Class - You may lose credit for the course after 5 absences. Excessive tardies can also result in jeopardizing course credit.

- Our policy states, "students are expected to make up all excused absences including being unprepared for class, field trips and short term medical excused classes. Students will not be required to make up the following absences; music concerts performed during the school day, mandatory class meetings, CAPT testing, AP exams and state mandated health related screening."

### **MAKE UPS:**

Excused Absences Students, who have an excused absence, will be able to make up those missing PE classes. Students should make up the class within 2 weeks of the absence by coming to a physical education class during a free period and/or study hall. They should talk to their teacher and get a make-up pass.

**CUTS:** Unexcused Absences

---

Students who cut class, will NOT be able to make up that class, it is an automatic ZERO for their grade that day.

PE classes are included in the attendance policy. A letter will be generated & sent home when the student exceeds 3 absences - at which point they will meet with their Dean. Loss of credit is when a student exceeds 5 absences. There is a process for those who wish to appeal the loss of credit.

## GRADING

- Physical Education is a participation based grade. Up to 10 points are awarded daily for: Preparation, On Task behavior, Sportsmanship, Intensity Level, and Application of Knowledge.

### 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.

## DISCIPLINE

AN ATMOSPHERE OF COOPERATION AND MUTUAL RESPECT IS A NECESSARY INGREDIENT IN THE LEARNING PROCESS.

Students are to:

- Listen attentively and follow directions the first time they are given.
- Raise their hand and wait to be recognized before speaking.
- Not interrupt the teacher or another student when they are speaking.
- Keep hands, feet, and objects to themselves.
- Refrain from teasing, name-calling, or use of inappropriate language.

Consequences: If students do not live up to our expectations, the following consequences will be implemented:

- Warning: if multiple warnings are given the student will lose points for the day
- Asked to Sit Out: will occur when multiple warnings have been given and there's no change in behavior
- Removal from Class – followed by calling parents/guardian and notifying the Dean of Students.

**SEVERE CLAUSE** – Send immediately to the Dean. Examples: fighting, equipment abuse, unsafe behavior that might cause injury to another student, insubordination.

