

MRS. BOTTON'S CLASS SYLLABUS

Physical Education | Grades 7 / 8 | Rm 332

COURSE OVERVIEW

Students will participate in a quality physical education program that offers a variety of benefits which include the development of motor skills and abilities related to lifetime leisure skills. An improved understanding of the importance of maintaining a healthy lifestyle, understanding of movement and the human body, knowledge of the rules and strategies of particular games or sports, an improved self-confidence and a sense of self-worth in relation to physical education and recreation programs.

GRADING POLICY

Your grade will be based on the following categories:

- Participation, Effort, Dress Out: 65%
- Fitness Concepts: 15%
- Sport Concepts: 15%
- Final: 5%

LATE WORK POLICY

You are allowed to make up missing assignments due to an absence, on arranged distant learning, or made prior arrangements with teacher. Classwork is to be completed in class within the given class time. Please review PE class game plan (located in google classroom) on missed days to complete any work missed.

Please ask me if you have any questions.

EXPECTATIONS

- 1 Be respectful to everyone and their ideas.
- 2 Come prepared with materials and a positive attitude. Dress Out.
- 3 Participate actively in discussions & activities.
- 4 Complete work by given due dates.
- 5 Follow all school rules and classroom procedures.

WHAT TO BRING

- PE Clothes & Shoes
- Water
- Pen & Pencil
- Notebook

METHODS OF ASSESSMENT

- Each day, or class session, students receive points for a combination of participation, effort, attitude, proper dress, and being on time to class. If you sit out, you do not receive participation credit for the day. Students can only be excused from participation by a Dr. note (if multiple days) and/or parent-guardian note for a single day. A handwritten note or email from a parent-guardian will be accepted. An alternate assignment may be given in replacement of participation.
- Students' fitness improvement, sport skills and general PE comprehension will be evaluated regularly by performance participation, projects, assignments, quizzes and tests.

UNITS OF STUDY

Fitness Concepts

Nutrition

Independent Sports

Collaborative Game Play

Human Anatomy

Fitness Testing

Sport Psychology

Group Sports

Sportsmanship

CONTACT INFO

I am here to help you succeed! If you have questions or need extra support, feel free to reach out during class, after school, or via email. I encourage parents and guardians to contact me with any concerns or questions.

gbotton@aadusd.k12.ca.us

CLASS BEHAVIOR

General Procedure:

- Verbal Reminder
- Verbal Warning
- Re-Set opportunity or Sit Out
- Detention or Trash Pickup
- Parent Phone Call & Class Behavioral Contract
- Principal Referral

Along with each sport drills and activities, all students will participate in "fitness days" each week. These fitness days will include several varieties of cardiovascular aerobic activities including: distance running, plyometric agility, and jumping rope.

GENERAL PACING PLAN

Weeks 1-2

Group Collaboration
& Team Activities

Week 3

Fitness Baselines

Weeks 4-5

Volleyball

Week 6-7

Dance

Week 8-9

Pickleball

Week 10-12

Soccer

Weeks 13-15

Flag Football

Week 16-17

Ultimate Frisbee

Week 18

Fitness Testing

Week 19-20

Hockey

Week 21-22

Badminton

Week 23

Bowling

Weeks 24-25

Lacrosse

Week 26

Heart Health

Week 27-29

Basketball

Weeks 30-31

Softball

Weeks 32-33

Fitness Testing

Week 34-35

Track & Field

Week 36-38 Last Weeks of School:
Final Olympic Project & Presentations