

LAKE SHORE PHYSICAL EDUCATION SYLLABUS

Each quarter will consist of three different activity units that the students will partake in. The units are listed below. The students will be assessed using the following three criteria:

1. Written Test- All students will complete a written test at the close of each unit. The test will measure their knowledge of rules, safety, strategy, terminology, and scoring of the activities in that unit. The test will consist of 22 questions and be worth 22% of the quarterly grade.

2. Preparation and Participation- The students will have the ability to earn 28 points by being prepared and participating for the seven classes in each unit. This will account for 28% of their quarterly grade. The following scale will be used:

- Appear on time, fully prepared, participate to best of their ability and make a positive contribution to the class = 4 points
- Unprepared yet still participate (proper footwear required) = 2 points
- Prepared yet no participation = 0 points
- Unprepared and no participation = 0 points
- Absent = 0 points
- Skip class = 0 points and the class CANNOT be made up

3. Skill Rubric- The following rubric will be used to assess how well the student performs within the New York State Standards in each of the activity units. The students will have the ability to earn 50 points which will account for 50% of their quarterly grade.

- 5 = Excellent
- 4 = Above Average
- 3 = Average
- 2 = Below Average
- 1 = Poor

NYS Standards

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

Units to be taught:

Grades 9/10

- Frisbee games
- Personal fitness
- Indoor soccer
- Aquatics
- Tumbling/Basketball
- Outdoor Adventure
- Personal fitness
- Volleyball
- Adventure
- Floor Hockey
- Track and Field
- Tennis

Grades 11/12

- Football
- Tennis
- Personal fitness
- Basketball
- Aquatics
- Global games
- Volleyball
- Personal fitness
- Badminton/Pickleball
- Team Handball
- Softball/Wiffleball
- Backyard games

Makeup policy:

All students will have the ability to make up classes that were missed every Tuesday after school from 2:39 until 3:10. Students must be prepared with proper Physical Education attire and be on time. Students will not be eligible to make up classes in which they skipped. In addition, students will not be permitted to make up classes during study halls.

Credits and Graduation Requirements:

If the student takes Physical Education for one full year in a class that meets every other day they have the ability to earn 1/2 of a credit. In order to graduate, the student must have two credits in Physical Education.

Locker Room Policy:

The Physical Education Staff is not responsible for articles that are left in the locker room unsecured. Please make every effort to lock up any personal belongings that are of value to you or leave them in your school locker.

Electronic devices:

Electronic devices will be taken away from students if the teacher deems that they have become a distraction to the lesson.