

Phy Ed 10 – Girls (Physical Education)

Required – Semester – 10

Prerequisites: None

Course Description

Physical education is an integral part of the total education program. The mission is to provide a program of instruction for the development of the whole individual through physical activities.

The emphasis is placed on the relationship between the physical, intellectual, emotional, and social well being of the child of God. The class provides experiences that will develop positive attitudes toward physical activities and contributes to lifetime participation in fitness and wellness.

Course Goals

The Christian teacher will:

1. provide an opportunity for all students to begin and maintain an optimal level of physical fitness and wellness.
2. develop in the student a desirable self-concept toward participation in physical activity and of one's own body
3. instill social skills and attitudes, sportsmanship, and appreciation of the capacities and limitations of oneself and others

Course Objectives

The Christian student will:

1. become aware that our body is a gift of God and a temple of the Holy Ghost
2. learn and practice the Christian principles of conduct while participating in various activities
3. develop various physical skills and concepts
4. improve in self-control, self-discipline, and self-direction
5. grow in confidence, courage, initiative and poise
6. be a contributing group member; listen and follow directions; be responsible
7. participate in physical activities with joy and enthusiasm

The Christian student should demonstrate the following Wisconsin State NASPE standards:

1. Competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Understanding movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participate regularly in physical activity.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Exhibit personal and social behavior that respects self and others in physical activity settings.
6. Value physical activity for health, enjoyment, challenge, self-expression, and social/or interaction.

Course Outline

The course may include the following units:

- | | |
|--------------------|-----------------------------|
| 1. Archery | 7. Personal Fitness |
| 2. Badminton | 8. Golf |
| 3. Fitness Games | 9. Bouldering/rock climbing |
| 4. In-line skating | 10. Floor Hockey |
| 5. Lacrosse | |
| 6. Dance | |

Instructional Strategies

The instructor will use a variety of instructional techniques, including demonstration, lecture, cooperative learning, and stimulating activities. Out-of-class reading assignments and projects will also be utilized.

Grading Methods

Cooperation and participation during the activities and through testing and the mastery of fundamental skills will be considered in the evaluation process of the student. In the situation where a student is limited in physical participation for a prolonged period of time the student may not receive credit for the class. Excessive absence may jeopardize credit for the class.

Students will receive 10 participation points each day. Points are acquired for wearing the appropriate shirt, shorts, and shoes for the activity; demonstrating an adequate amount of participation during the activity, and displaying an appropriate attitude. Points may be deducted for inappropriate attire, poor attitude and effort, not listening/following directions, or inappropriate language. Students will also acquire points for skills tests, projects, and assignments.

<u>Grade Scale</u>	
A+	100-99
A	98-95
A-	94-93
B+	92-91
B	90-87
B-	86-85
C+	84-83
C	82-79
C-	78-77
D+	76-75
D	74-72
D-	71-70
F	69-0

Student Material

1. School uniform
2. Athletic shoes
3. Folder

Classroom procedures

The student will dress into her physical education uniform and line up for roll call. A warm-up activity will be followed with the activity for the day. Participation and cooperation is required.

Updated: Friday, December 23, 2011