

# **Black River High School**

## **Physical Education, Fitness and Wellness Program**

### **Overview**

The goal of the physical education program is to provide the opportunity to learn about movement, fitness, sports, lifetime leisure activity and how to choose a healthy lifestyle. The program will provide the opportunity to participate in a variety of activities through cooperative games, project adventure, traditional sports and leisure /lifetime activities. Through these activities the student will achieve the desired student outcomes.

### **Student Outcomes**

- ✓ Acquire /increase proficiency in a variety of physical activities, sport and lifetime leisure activities.
- ✓ Gain knowledge and appreciation for lifetime leisure activities and sport
- ✓ Learn to assess fitness and plan for improvement
- ✓ Develop healthy lifestyle choices.
- ✓ Develop effective teamwork and positive interactions with others.
- ✓ Learn to respect self and others.
- ✓ Develop problem solving and decision making strategies.
- ✓ Develop effective tactical strategies in a variety of sports
- ✓ Communicate effectively through physical activity and movement

### **Student Expectations**

The individual student shares responsibility for the desired student outcomes. To best meet these desired outcomes the student must:

- Attend class**
- Participate**
- Dress appropriately for class**
- Cooperate**
- Behave Appropriately**
- Respect others**
- Complete written assignments**
- Complete Make-up work**
- Have Fun ... (with respect to the list above)**

## Grading

You will be graded on an average of the following criteria:

- 33% - Test scores, notebooks, written assignments, handouts, self assessments and current events. (students accumulating more than 10 absences may lose credit for the course – per Parent/Student Handbook)
- 66% - Attendance and Participation. The number of days you receive credit for attending class multiplied by your participation average

**\*\* See Appendix A for example of Grading**

Participation will be graded as follows:

## Class Behavior

<u>Unacceptable</u> 50 -59	<u>Poor</u> 60 -69	<u>Improvement needed</u> 70 - 79	<u>Meets Standard</u> 80 - 89	<u>Exemplary</u> 90 - 100
Demonstrates disrespect for others by behaving uncooperatively. Refuses to work with others. Does not attempt assigned task. Demonstrates disinterest in class. Disruptive, rude or insolent. Inappropriate language and conduct.	Demonstrates difficulty working with others. Complains when introduced to new task. Does not complete task or needs continual prompting to complete task. Does not work independently. Seldom asks for help. Occasional inappropriate language or conduct	Respects others and willingly plays. Has difficulty working with others occasionally. Complains occasionally about new tasks. Needs occasional reminder to stay on task. Occasionally asks for help. Needs guidance.	Works co-operatively with others. Accepts new tasks willingly. Works independently after given directions. Works to improve skill. Can identify own needs and carries out plan for working on them. Asks for help when needed.	Is enthusiastic in all areas. Sets high standards for self. Works co-operatively and encourages others efforts. Is self directed: extends sense of responsibility by cooperating and giving support, concern and help. Respectful of others. Works diligently.

**Prepared for class** Changing for class is a requirement. Appropriate shorts or warm-up pants, t-shirt/sweatshirt, sneakers provide maximum comfort for most activity.

<u>Unacceptable</u> 50 - 59	<u>Poor</u> 60 - 69	<u>Improvement</u> <u>needed</u> 70 - 79	<u>Meets</u> <u>Standard</u> 80 - 89	<u>Exemplary</u> 90 - 100
<p>Makes no effort to change or come prepared for class. Wears inappropriate clothes for class activity.</p>	<p>Seldom is prepared for class activity. Rarely changes for class activity. Often forgets proper footwear or wears inappropriate clothes for activity. Frequently complains about changing for class activity.</p>	<p>May change on occasion for class activity 70%-79% of the time. Occasionally unprepared for class activity. May complain occasionally about changing for class. Occasionally forgets proper footwear.</p>	<p>Prepared for class at least 80% - 89% of the time. Changes consistently for class without complaining. Wears appropriate clothing and footwear for class activity.</p>	<p>Prepared for class 90% to 100% of the time. Wears appropriate clothes and footwear for class activity.</p>

## Honor Code & Sportsmanship

<u>Unacceptable</u> 50 - 59	<u>Poor</u> 60 - 69	<u>Improvement needed</u> 70 - 79	<u>Meets Standard</u> 80 - 89	<u>Exemplary</u> 90 - 100
<p>Demonstrates a disregard for rules. Dishonest. Not trustworthy. Changes rules to suit personal gain. Demonstrates poor sportsmanship. Loses control of temper. Quits. Accepts no responsibility .</p>	<p>Seldom plays completely by the rules if not monitored. Frequently loses control of temper. Frequently has difficulty accepting outcomes. Blames others. Has difficulty admitting mistakes or fault. Frequently fails to acknowledge rules. Needs help from others to play with regards to the rules.</p>	<p>Occasionally needs re-minding of the rules. Demonstrates poor sportsmanship on occasion. Occasionally has difficulty acknowledging the rules. Occasionally demonstrates untrustworthy behavior. Has difficulty admitting mistakes or fault on occasion. Seldom accepts responsibility. Does not always play within "the spirit of the game"</p>	<p>Honest. Truthful. Understands and plays by the rules of the game. Acknowledges fair play. Reliable. Accepts outcome. Does not blame others. Practices good sportsmanship. Admits mistakes. Plays within "the spirit of the game"</p>	<p>Can be trusted completely and without question. Displays trustworthy behavior at all times. Forthright. Models good sportsmanship Encourages fair play by all. Recognizes and encourages others to play within the "spirit of the games"</p>

## Skill Development

<u>Unacceptable</u> 50 -59	<u>Poor</u> 60 -69	<u>Improvement needed</u> 70 - 79	<u>Meets Standard</u> 80 - 89	<u>Exemplary</u> 90 - 100
Lacking skills to play consistently . No attempt is made to develop, apply or understand skills.	Attempts skills; extraneous movements: unable to control objects. Demonstrates little to no improvement in skill development. Fails to make an attempt to apply skills.	Demonstrates improvement in skills. Executes desired results with help or reminding. Makes occasional effort to improve desired results. Consistent attempt to combine skills.	Skills can be performed and combined successfully with concentration. Frequent success in attempting to apply skills. Demonstrates knowledge of some skills. Makes effort to improve desired results.	Proficient in all skills. Successfully Applies skills. Demonstrates knowledge of skill application and correct form. Continuously works to improve desired results.

### Medical Excuse

A student must have a written excuse from a parent/guardian, doctor or the school nurse if he/she is unable to participate in class activity. The student will still be required to attend class and participate in class discussion. A student unable to participate for an extended period of time due to medical reasons must submit a written excuse from the doctor. Arrangements must be made with the teacher to receive credit during this time.

### Make up Work

Make up work is required for credit as a result of an excused absence. This may include absence due to illness, family emergency, field trips or sports activity. Make up work may be credited by completing current event articles, journals of fitness related activities, power point projects or other assignments arranged with the teacher. Students should be sure to complete

make up assignments. Students accumulating more than 10 absences may lose credit for the course – per Parent/Student Handbook.

### **Locker Rooms**

The locker room will be available to students for changing clothes before and after class. Student should enter the locker rooms from the hallway entrance near the Home Economics/Life Skills classroom. All personal belongings and valuables should be locked in a locker. Locks are available upon request. **DO NOT LEAVE VALUABLES UNATTENDED IN THE LOCKER ROOM. REPORT ANY LOST OR STOLEN ITEM IMMEDIATELY.**

Please respect the locker room and facilities.

## Appendix A Grading

You will be graded on an average of the following criteria:

The number of days you receive credit for attending class, multiplied by your written work/test scores and participation average.

- 33% - Test scores, notebooks, written assignments, handouts, self assessments and current events.
- 66% - Participation - see below

Example:

Prepared for Class	75
Sportsmanship	90
Skill	89
Behavior	<u>92</u>

Participation sub score  $346 \text{ divide by } 4 = 86.5$  87\*

Attendance

40 days of attendance divided  $40/43 = \underline{93\%}$   
by 43 days in the marking period

Participation Average equals participation sub score multiplied by the percentage of attendance:

$$87 \times .93 = 80.91$$

Final Participation Average	80.91
Written Work/Test Score Average	92

Final Grade = Combined average of 2/3 Participation Score and 1/3 Written work/test scores

Participation Average	80.91
Participation Average	80.91
Written Work Average	<u>92</u>
	250.01

Final Grade  $250.01/3$  83.33