



Course: Middle School Physical Education

Course Duration: Fall 2011 (.5 Credit)

Instructor: Mr. Gran

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Course Description:

There will be two parts to this course. Part one will be based on the instruction of a variety of physical activities, both group/team and individual. These activities may include: low organized games, soccer, frisbee golf, flag football, orienteering, volleyball, and badminton.

Part two will be the fitness based section of the class where students will have the opportunity to participate in the Olivet Fitness Center. Throughout the semester, the students will learn the major muscle groups of the body and a variety of exercises for those muscles. The F.I.T.T. principle will be taught and employed to ensure that students are engaging in appropriate levels of personal fitness based exercise.

Learner Outcomes: (National Physical Education Standards based)

1. Students will be able to demonstrate competency in motor skills and movement patterns needed to perform an array of physical activities.
2. Students will be able to demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Students will participate regularly in physical activity.
4. Students will be able to demonstrate appropriate personal and social skills/behavior during physical education activities.
5. Students will attempt to achieve and maintain a health enhancing level of personal fitness.
6. Students will demonstrate a personal value of physical activity for health benefits, social opportunities, enjoyment/love of the activity and/or self expression.

Assessment/Grading Policies:

Students will be assessed in three areas:

1. Daily Participation (70% of final grade)

In order to receive full participation points, students are expected to participate to the best of their abilities in all class activities. Inappropriate behaviors, inappropriate language, put-downs of peers, staff, or self, insubordination, and lack of participation will result in loss of daily points.

2. Written Work (20% of final grade)

Homework, Quizzes/Tests, fitness center logs, and interdisciplinary projects.

3. Skills Tests (10% of final grade)

Students will be evaluated via rubric as to skill level and personal skill improvement .

Students will receive a letter grade for this class (unless IEP specified otherwise) based on percentiles established in accordance with Lionsgate Academy policy.

Percentage	Grade
90%-100%	A
80%-89%	B
70%-79%	C
60%-69%	D
Below 60%	I

Absentee Policy:

Attendance is critical in all classes for maximum learning, however, it is understood that students will occasionally miss PE for reasons beyond their control. While a student’s absence may be excused, they are still responsible for the materials covered that day and for any assignments that they missed. It is the student’s responsibility to request these materials and to be prepared for any evaluations that follow.

Dress Policy:

While Lionsgate Academy does not enforce a physical education uniform rule, students are encouraged to change into appropriate clothing before class. Appropriate clothing should include tie-on athletic type shoes and the student’s choice of athletic bottoms and comfortable t-shirt.

Physical Education ABC’s

In order to have a productive and safe year, we will be using the ABC’s to classify rules, expectations, and choices.

A: Absolute

An absolute is a **rule** that is not open to discussion. These rules are for your safety.

B: Bargaining

Bargaining may occur with **expectations**. Staff will listen and consider your thoughts and ideas, but we may not agree. Please remember that staff has the final word.

C: Choice

You will, at times, be given choices to further your independence and for you to have a say in your class time. If you do not feel that you have enough information to make a wise choice, please ask staff for clarification or help.

Semester Outline

Unit	Standards	Approximate Duration	Performance Outcomes
Fitness Center	1-6	Ongoing throughout semester	Demonstrates an understanding of the F.I.T.T Principle Demonstrates knowledge of all machines by correctly adjusting seats and using appropriate weights.
Soccer	1,2,5,6	3 Weeks	Describes appropriate tactical decisions in a soccer game Passes to and receives passes from a classmate using proper form
Frisbee/Frisbee Golf	1,5,6	2 Weeks	Demonstrates an appreciation for "non-traditional" athletic activities Demonstrates an understanding of proper golf etiquette
Flag Football	1,2,5,6	3 Weeks	Describes appropriate tactical decisions in a football game Designs two plays based on tactical strategy and implements one of them in a game situation Demonstrates a knowledge of football positions by participating in different roles on their team
Orienteering	2,3,5,6	1.5 Weeks	Demonstrates an appreciation for "non-traditional" athletic activities Demonstrates an appreciation for interdisciplinary skills used in orienteering
Low Organized Games	1,2,5,6	2.5 Weeks	Demonstrates the elements of socially acceptable conflict resolution during activities Passes to and receives passes from a classmate using proper form in various game settings
Volleyball	1,2,5,6	3.5 Weeks	Describes appropriate tactical decisions in a volleyball game Detects and corrects errors in self and others while passing based on knowledge of the skill Forearm passes a ball to a teammate using proper form Selects the appropriate skill to contact a ball during game activity
Badminton	1,2,5,6	3.5 Weeks	Demonstrates the elements of socially acceptable conflict resolution during activities Sucessfully serves a birdie Demonstrates cooperation and teamwork by playing doubles with a partner Can identify when a rally has ended and which team won that rally