**Course Title and Number:**       Physical Education Grades 6-12

**Related Materials:** Students will need school appropriate athletic attire: **Socks/Sneakers** – NO heels, platforms, boots, and no metal on shoes

**Shorts, sweat pants, wind pants** (elastic waist, no zippers, buttons, no boxers and no spandex)

**Full Length short or long sleeve T-shirt or sweatshirt - NO tank tops**

**Course Overview:** The physical education curriculum of Sharpsville Area School District has been designed to help students recognize the importance of regular physical activity**.** All students are given the opportunity to select activities offered in a mini-course format. Students are encouraged to select a variety of activities that include fitness, individual and team activities.

**Course Objectives:** To progressively increase student cardiovascular fitness levels by completing specific warm-up tasks indoors, and outside on the track

                                    To increase student strength by doing specific weight bearing exercises during fitness activities such as push-ups, crunches, bench dips, squats, lunges, medicine ball work, etc.

To refine motor skills in various areas such as throwing, catching, dodging, shooting basketball, hitting a softball, using a racquet, etc.

To participate in team sport and individual sport activities playing by the rules in a cooperative manner

**Course Instructor Philosophy:** We will continue to motivate our students as best we can by continually evaluating and providing encouragement when necessary. We are dedicated to provide meaningful and beneficial activities for our students and are genuinely concerned about their overall health.

**Course Outline/Topics:** The first day of Physical Education class will cover the following:  syllabus, grading, locker distribution, squad lines, and heights/weights (nurse’s records)

Classes will begin with a warm-up/fitness activity.

 All students will be electing their activities. They will include; archery, golf, softball, volleyball, tennis, frisbee games, fitness walking, basketball, racquet sports, weight training, mat room games, darts, etc.

**Course Requirements:      To fulfill state and local requirements,**

                                         All clothing must allow for safe participation in the activities.

                                            Students are expected to remove all jewelry except medic alert tags

                                          Student athletes get no special privileges and are expected to participate in all class activities. Students who choose not to participate in selected activities must walk or stand.

                                          Students with special needs will be adapted into our program as best we can accommodate them.

**Use of Technology:** Some instructors use a PDA (personal digital assistant) to provide students with instant feedback on their performance. Students or parents may request a progress report at any time.

**Assessment Plan:**           Standard school grading scale:

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = Below 60%