



PHYSICAL EDUCATION



“Strength does not come from physical capacity. It comes from an indomitable will.” – Gandhi

Instructor: Mr. Eric Kuhlman E-Mail: ekuhlman@apps.lcchs.edu Phone Extension: 2308
Planning Period: 6th Period 12:37-1:22 on M T F Study Hall: 1st Period 8:00-8:45 on M T F
Availability for Extended Help: 7:15-7:45 AM and 3:15-4:00 PM

COURSE DESCRIPTION

This course stresses the need for daily physical activity. In addition, this course explains the basic skills, principles, strategies and tactics for various physical activities. This course seeks to instill an enjoyment for physical fitness, improve personal health and demonstrate positive social interaction between peers.

The physical activities in this course include:

- Fitness – Weight Training, Kickboxing, Aerobics, Yoga, Track and Field, Dance, and Hiking
 - Sports and Skill Games – Soccer, Flag Football, Golf, Volleyball, Basketball, Bowling, Baggo, Bocce Ball, Croquet, Ultimate Frisbee, Speedball, Softball, Tennis, Elimination and Frisbee Golf
- *** Physical activities are subject to change – based on the availability of sports equipment

COURSE OUTCOMES

After taking this course, students will be able to...

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Maintain regular physical activity and meet the daily national recommendations for healthy physical activity.
- Demonstrate understanding of principles, strategies and tactics as they apply to the learning of physical activities.
- Create and monitor a personal plan for physical activity and utilize technology to achieve personal fitness goals.
- Understand the principles, components and safe practices essential to sustaining health-related physical fitness.

EXPECTATIONS

- Students are expected to **BE PREPARED** with school-appropriate attire for physical activity.
- Students are required to **BE DRESSED** for physical activity within five minutes of the class bell.
- All students are expected to **ACTIVELY PARTICIPATE** during class discussion and activities.
- During class discussion or physical activities students must **BE RESPECTFUL** of their peers.
- Students are expected to maintain **ACCURATE ACTIVITY LOGS** throughout the semester.
- **NO** student will **PREVENT** any other student from **LEARNING** or the teacher from teaching.

CONSEQUENCES

- The **Student Code of Conduct** will be **ENFORCED** including the dress code and tardiness.
- 1st Offense: Verbal Warning 2nd Offense: Class Detention (30 Minutes)
- 3rd Offense: School Detention Continued Offenses: Request a Parent Conference

GRADING SCALE

- This course uses the Lima Central Catholic grading scale. This course is a **PASS / FAIL** course.

PROCEDURES

In this class, the teacher will instruct students on the procedures and strategies of various physical activities. However, most of the student learning will result from active participation in the various physical activities. In addition, students will use their iPad as well as various applications to enhance their learning experiences.

Students will earn a percentage calculated based on the “total points” from the following categories:

- **Participation:** (five points for each class period of active participation)
 - Students are expected to actively participate during class discussion and class activities.
 - Students that fail to meet the teacher’s expectations will be deducted participation points.
 - Students are required to be dressed in the appropriate attire within 5 minutes of the bell.
 - Students that fail to dress in appropriate attire may not participate and will receive a zero.
- **Activity Logs:** (ten points for the completion of each activity log)
 - This category includes physical activity logs, personal progress charts and scoring sheets.
 - This course will integrate technology with the use of the iPad and fitness applications.
- **Unit Tests:** (twenty to fifty points based on the length of the unit)
 - Students will take a test at the end of each unit. Tests will include short answer questions.
 - Students will be required to explain rules and strategies as well as detail scoring systems.

GRADING PROCEDURES

- This courses follows the Lima Central Catholic grading scale located in the Student Handbook.
 - **NO LATE WORK** will be accepted. Students may correct mistakes on homework.
 - Students are responsible for all class work and assignments on days absent from class.
 - Students who are absent on the day of the test are required to take the test before school, after school or during their study hall within one week of the test date or result in a zero.
 - **Students discovered cheating will receive a zero, a detention and parent phone call.**

Please complete the following information and return with your student:

Student Name: _____

Legal Guardian Names: _____

E-Mail Address: _____

Phone Number (s): _____ Preferred Time: _____

Preferred Method of Contact: E-Mail Phone No Preference (*e-mail preferred*)

I have read the included class syllabus and understand the expectations associated with this course,

Student Signature: _____

Guardian Signature: _____