



PHYSICAL EDUCATION



“Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity” – John F. Kennedy

Instructor: Ms. Jackie Pachuta E-Mail: jpachuta@apps.lcchs.edu
Availability for Extended Help: Will have to be set up through an appointment

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: *(subject to change based on availability of equipment)*

- Presidential Physical Fitness Test
- Soccer
- Flag Football
- Pickleball
- Bowling
- Basketball
- Dodgeball
- Kickboxing
- Yoga
- Floor Hockey
- Softball
- Golf
- Ultimate Frisbee
- Backyard Games

COURSE OUTCOMES

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

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

CLASS EXPECTATIONS

- Students must be prepared with **SCHOOL-APPROPRIATE ATTIRE** for physical activity.
- Students are required to be dressed for activity **WITHIN FIVE MINUTES** of the class bell.
- Students are expected to **ACTIVELY PARTICIPATE** during all class activities and games.
- During class discussion or physical activities students must **BE RESPECTFUL** of their peers.
- **NO** student will **PREVENT** any other student from **LEARNING** or the teacher from teaching.

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 earn a percentage grade calculated based on accumulated points from the following categories:

- **Participation – (70% - 75% of the calculated grade)**
 - Students earn between three and five points for each class period of active participation.
 - If a student is absent, he/she must complete the activity to earn those participation points.
 - 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.

- **Unit Tests - (25% - 30% of the calculated grade)**
 - Students will take a test at the end of each unit. Tests consist of short answer questions.
 - Students will be required to explain rules and strategies as well as detail scoring systems.
 - The number of questions for each unit test is based on the amount of material in the unit.

GRADING PROCEDURES

- This course 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 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: _____