

Recreational Sports

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Course Description

The primary goal of this physical education class is to provide students with opportunities for learning that will encourage students to maintain fitness throughout their lifetime. Students will develop skills that will allow them to successfully and effectively participate in sport-related, recreational, and general fitness activities. Heart rate calculation, principles of exercise/fitness, nutrition, and other topics will be taught as supplemental topics for a comprehensive physical education. Cardiorespiratory endurance, muscular strength/endurance, flexibility, etc will be assessed throughout the course to provide students with immediate feedback regarding current fitness levels to be used in the development of personalized fitness goals. Furthermore, students will understand the benefits that regular physical exercise can provide for a person's mental, physical, and social health.

Course Outline

- Students will develop individual skills associated with teamwork, problem solving, and leadership.
- Students will practice setting realistic fitness goals.
- Students will identify various components of fitness.
- Students will understand how the components of fitness contribute to a well-balanced fitness plan.
- Students will complete the Fitnessgram Pacer Test.

Possible Activities

Basketball, spike ball, disc golf, fitness walking, volleyball, track and field, soccer, slow-pitch softball, badminton, recreational games, fitness testing, etc.

Dress Out Policy

Students will **NOT** be required to change clothes to participate in gym class. However, appropriate clothing, including footwear, may contribute to a student's overall grade at the discretion of the instructor of record. Students must be prepared to participate in the planned class activities at least 80% of the time in order to receive any credit for appropriate PE attire. All students will have access to changing facilities at the beginning and end of class.

***Students should be prepared to go outside regularly for PE. Instructors will make every effort to communicate planned outdoor activities in advance.

Grading Policy

- 80% Preparedness and Participation
- 20% Final Exam

Make-Up Work Policy

Students will receive 0 points for unexcused absences. Check with your instructor regarding potential extra credit opportunities or work you may have missed in your absence. Students will be given an equivalent number of days to complete missing assignments as they were absent from class. For example, two absences = two days to complete and turn in missing work.

Limited Participation Policy

Inability to participate in PE class for longer than two days will require a medical excuse from a doctor or the school nurse. Students that do not provide an excuse note will be required to walk or complete an alternative assignment to account for daily points. Alternative assignments will be provided to students that have proper excuse documentation.

Classroom Rules

- Be on time. If you are changing for class, you are expected to do so in a timely manner. Class activities will start no later than 10 minutes after the bell rings.
- Students are not to enter the PE closet without explicit permission from their teacher. Any equipment taken from the closet should be returned exactly as it was found.
- Treat all equipment with respect. Inappropriate use of equipment will result in confiscation of the item. Continued misuse will result in disciplinary action.
- Follow the teacher's instructions the first time they are given.
- Be respectful of your classmates. Be mindful of personal space, use appropriate language, and come prepared to participate.