

# Exploring Health & Physical Education

## 2018 - 2019

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**Length of Course:** 1 trimester

**Credits:** .5

**Grade offered:** 7th and 8<sup>th</sup> grade

Students study a variety of individual, dual, team and recreational sports concentrating on skills and rules involved in each activity. Units include physical fitness, volleyball, soccer, basketball, floor hockey, softball and recreational games. Emphasis in class is on the development of mental, social and physical learning through movement. This course includes a health component covering topics on nutrition, human sexuality, first aid, tobacco and physical fitness. Correlations are made with each topic and its relationship toward maintaining a healthy lifestyle.

### Materials required daily:

- School Planner
- Three-Ring Binder or Folder
- Notebook (journal)
- Pen or Pencil
- Appropriate Shoes/Clothing
- A Positive Attitude!!

### SHAPE and Minnesota Physical Education State Standards:

**Standard 1.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2.** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3.** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4.** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5.** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### Classroom Expectations:

- 1 Respect people and property
  - a Be courteous to one another and take care of materials and equipment
  - b Do not touch equipment unless told to do so
- 2 Come to class ready to learn
  - a Be on time for every class
  - b Dress appropriately: tennis shoes/running shoes of some type, comfortable clothing

- 3 Follow all AFSA School rules
- 4 Be responsible for your learning
  - a Attendance is important so be here
  - b If absent, be responsible for getting any assignments missed upon return

**Homework Expectations:**

- 1 Use in class work time wisely
- 2 Turn in or present work when it is due
- 3 Participate in class sports/activities

**Late/Make Up Work:**

- 1 10 percent off each day it is considered late
- 2 Excused absences get one extra day for each day absent

This class will mostly be graded on class participation, cooperation and working well with others. There will also be projects throughout the trimester. You will be moving around (playing sports) in this class so wear clothes and shoes that allow you to do so. If you want to keep clothes in your school locker to change into, bathrooms are available to change in. Personal hygiene is really important at this age so students would really benefit and I strongly encourage for them to have a change of clothes for P.E.

**Grading:**

Grades will be weighted differently for various assignments and assessments. Larger projects or exams will be worth more than daily participation points.

Grading Scale:

A	100% – 90%
B	89.9% - 80%
C	79.9% - 70%
D	69.9% - 60%
F	<60%



