**COURSE OUTCOME**

**Course Description:**

**PHYSICAL EDUCATION I** - provides a variety of activities through four strands: fitness fundamentals, individual and dual sports, team sports and outdoor pursuits. Each unit within the strand will be designed to teach the basic skills, rules, and strategies necessary to understand and perform a variety of activities. This course is a prerequisite for Advanced Physical Education.

**AEROBICS** emphasizes the importance of improving and maintaining a healthier cardiovascular system. Skills are taught in order to achieve this goal include muscular endurance, muscular strength, cardiovascular endurance, flexibility and body composition. Regular aerobic work-outs through participation in aerobic routines, games and various other activities including yoga will be the primary focus of this course.

* [**Tennessee Physical Education Standards**](http://www.state.tn.us/education/schoolhealth/physed/doc/9-12PEandWellnessStandards2009.pdf)

**INSTRUCTION:**

* **Topics/Competencies/Skills Covered:**

**Module 1 Fitness Fundamentals;**

**Module 2 Individual/Dual Sports and Dance;**

**Module 3 Outdoor Pursuits;**

**Module 4 Team Sports and Cooperative Games/Activities**

* **Materials Needed: Appropriate clothes for dressing out- shorts, t-shirt, tennis shoes, etc.**
* **FEE - $10.00**

**ASSESSMENT: SCHOOL GRADING SCALE:**

A 93-100

B 85-92

C 75-84

D 70-74

F 0-69

**DAILY GRADES** – 75%.....includes participation, effort, skills and written assessments, and preparedness.

**EOC** – 25%......End of Course exam consists of knowledge of all units covered throughout semester.

Daily grades missed due to absences, ISS or OSS can be made up by completing a 1 page, hand-written report (topic to be assigned by instructor) for each day missed or by completing a running activity during “Friday Activity” day. Otherwise, students will be given a zero for each day missed

Dressing cuts lower the student’s average due to lack of being prepared and/or dressing out in appropriate physical education attire. Students who are not prepared to dress out will be given two choices: 1) if a student has appropriate shoes, he/she will be allowed to participate and receive partial daily credit or 2) if a student does not have appropriate shoes, he/she will be required to walk around the gym or track during class time with no daily credit. Only students who have medical documentation excusing them from physical activity may be excused from classroom activities as prescribed by a physician. Alternative assignments will be given by the instructor. **Students who bring in parent notes will still be required to dress out and will be given modified or alternative activities according to each situation.**

Students will be allowed to make up zeros from dressing cuts or absences during “Friday Activity” day. Students must be prepared to dress out and participate in a running activity.

**Students and parents can monitor student progress on the Parent Portal. If a student has a low daily grade, then dressing out and/or participation is usually the problem. I will update the portal once a week, usually on Friday. Please feel free to contact me at any time regarding your child’s progress/grades.**

**GENERAL EXPECTATIONS:**

* Be prompt. **Students must be in the gym when the tardy bell rings**. After roll call, students will be given 5 minutes to dress out and be ready for exercises. If you are late to roll call, it is your responsibility to check in with your teacher and sign the tardy sheet; otherwise you will be counted absent for the day.
* Students may not leave the gym without permission from the teacher and must stay in the visible area of the gym at all times. **(Students may only purchase food/drinks in the gym lobby during class change).**
* Appropriate dressing out attire should adhere to the school dress code policy. Approved items include t-shirts, shorts (no khaki, jean or cut-off shorts), sweats, and **tennis shoes**.
* Locker baskets are available for students to lock up personal items during class time. Valuables such as money, jewelry and personal paraphernalia (cell phones, IPods, etc.) should not be brought into the gym**. Such items are not the responsibility of the teacher or school personnel.**
* Students should always be respectful of teachers and peers. No profanity! All guests should also be treated with respect (including substitute teachers).
* Students need to display proper behavior…..**no Horseplay!!**
* Any destruction of the physical education facility or equipment will be considered vandalism and will be dealt with accordingly.
* **No food or drinks are to be brought in the gym.**
* **Cell phones or other electronic devices will NOT be used in class without permission from the teacher. They will be taken up if seen or heard during class time. SEE IT, HEAR IT, TAKE IT!**
* **Teacher:**
* **Communication Strategy:**
* Contact time: 10:00 – 11:15 a.m.
* Phone Number: (865)689-9130 ext. 1318
* Email: regina.legg@knoxschools.org
* Website: www.knoxschools.org/gibbshs.org
* **Intervention Strategy – tutoring, extra help, etc.**
  + I am available for make-up/tutoring before and after school