TVHS Physical Education Syllabus



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**Physical Education Mission Statement:**

The mission of the TVHS Physical Education Department is to educate students on various exercises to become healthier in their daily lives and promote positive attitudes toward a lifetime of physical activity, fitness, and sports skills. The goal is for students to gain a positive outlook on different areas that can be used to promote healthy behaviors during the learner's lifetime.

**Grading Percentage**:

Attendance 20%

Participation 30%

Assessments 50%

**Rules in the Gym:**

Be on time! Try your best to make it to class before the tardy bell.

There will be no food or drink allowed in the gym.

Cell Phones must be placed into the designated area when entering the gym.

There will be no exiting exterior gym doors to go outside unless instructed to do so. Also, do not open exterior doors or prop them open.

Ask permission before leaving the gym for any reason.

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| **Date** | **Objective** | **Activity** |
| 1st 9 weeks | PE.1 Identify, practice and apply general skills and activity-specific skills to enhance motor proficiency. | Ultimate Frisbee, Badminton, Handball, Speed Football, Volleyball, Pickleball, |
| 1st 9 weeks | PE.2 Participate in a variety of competitive/non-competitive individual, dual, and team sports/activities. | Ultimate Frisbee, Badminton, Handball, Speed Football, Volleyball, Pickleball, Table Tennis, Baggo, Parachute |
| 1st and 2nd 9 weeks | PE.3 Demonstrate offensive and defensive strategies while participating in individual, dual, and team sports/activities. | Pinball, Sturtee, Speed Tic Tac Toe, Ultimate Ball, Team Exercise Relay |
| 2nd 9 weeks | PE.5 Identify physical activities that increase fitness levels in addition to physical education class. | Class Discussion with follow up Online Assignment |
| 3rd 9 week | PE.6 Explain how physical activity participation patterns are likely to change throughout one’s life span. | Information-Data Gathering Project |
| 4th 9 weeks | PE.7 Identify a variety of regional outdoor adventure activities. | Open Class Discussion (option of doing some activities discussed) |
| 1st 9 weeks | PE.8 Identify and describe local, state, national and/or international fitness and recreational resources and organizations. | Online Assessment |
| 2nd 9 weeks | PE.9 Assess the social, economic, cultural and environmental factors that impact physical activity. | Online Assessment |
| 1st and 4th 9 weeks | PE.10 Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). | Warm-Up before exercising with various strength movements during stretching |
| 1st and 4th 9 weeks | PE.11 Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). | Stretching at the beginning of class |
| 1st and 4th 9 weeks | PE.12 Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). | Build endurance through free play like full court Basketball, Soccer, Ultimate Frisbee |
| 2nd 9 weeks | PE.13 Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. | Create Journal to identify strengths and weakness with a detailed plan to improve |
| 3rd 9 weeks | PE.14 Practice principles of training in the design and implementation of a personal fitness program (e.g. F.I.T.T. Principle, Progressive Overload, Muscle Recovery). | Selected workouts to improve personal fitness |