

Fairfield Middle School
Course Syllabus
Physical Education/Health

Course Information

Class time: *50 mins*
Semester: *Fall 2016*
Class Location: *Gym*
Time:
Teacher Website: *Coulterpe.weebly.com*

Teacher Information

Name: *Mr. Coulter*
Phone: *(803) 635-4270 ext. 20512*
Office Location: *Athletics Building*
Office Hours: *Mon-Fri 7:00-3:00*
E-Mail: *CoulterPE@gmail.com*

School Mission Statement: *Our mission is to develop responsible students who are socially and academically prepared for high school.*

Course Description:

We are developing a new type of PE here at Fairfield Middle School by taking the fun of sports and combining it with the health benefits of fitness based learning.

Course Competencies/ Learning Objectives

Students who successfully complete this course will be competent in the following areas:

Physical Education

- Demonstrate knowledge of a multitude of sport's rules, history, and tactics.
- Explain and demonstrate rules/competence in various team sports.
- Engage in physical activity in- and out-side of the classroom.
- Perform basic health improving exercises.
- Characterise being both a leader and teammate of a group.

Health

- Design and implement an individual Fitness Improvement Plan.
- Promote positive health behaviors and recognize negative influences.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Grades

The grading scale for South Carolina:

A - 90-100%

B - 80-89 %

C - 70-79%

D - 60-69%

F - <60%

The grading structure for Physical Education at Fairfield Middle School is as follows:

Attendance	-	10%
Class Participation	-	25%
Unit Quizzes	-	30%
Projects	-	35%

Attendance

Attendance includes only that you are dressed out and ready to participate at the beginning of class. There are two chances to be marked for a “strike” each day. The first is at the beginning of class, or sound of the bell. You must be seated in class before the bell. The second is during our transition to the gym. You will have 5 minutes in the locker room during our “transition period”. You must be changed and in the gym ready at the sound of the horn. “Strikes” will be given out for not demonstrating proper attendance: 3 warning strikes followed by 10 more possible strikes. Each of the 10 strikes, after your warning strikes, account for 1% of your total grade up to a possible 10%.

Class Participation

With the introduction of SQORD to our program, we can now have an accurate look at daily physical activity in a new and exciting way! Class participation now includes not only what you do in PE, but what you do to continue an active lifestyle outside of PE. You will be graded based on your Average Weekly Points, which can be found on your SQORD profile. Five (5) random times throughout the school year I will look at your weekly average. The goal for a weekly average is 210,000 points or 30,000 points a day. This is equivalent to 10,000 steps per day (AHA recommendation). You will receive full credit (5%) for hitting our goal and -1% for every 20,000 points you are below the goal. (Example: your weekly average is 170,000 points. $210,000 - 170,000 = 40,000$ under our goal. $40,000/20,000 = 2 = -2\%$). All scores under 130,000 points will be given a 1%.

Unit Quizzes (Q)

To fulfill cognitive requirements that are aligned with the South Carolina Physical Education Standards, we will take a written quiz on each of the sports completed in PE. The quiz will cover the rules, tactics, history, and other important factors in each sport or activity.

Projects (P)

High order thinking is a necessity in an active environment. Demonstration of the understanding of our key values in PE will be presented through a multitude of projects. Individual and group projects will be assigned on the following topics: Personal Fitness, Health Concepts, and Sport Presentation.

Classroom Expectations

1. Get here and Go!
2. Be Prepared
3. Be Respectful
4. Bring your Water Bottle
5. Technology must be approved
6. Do **YOUR** best!

FitnessGram Testing

The state of South Carolina requires that all students complete FitnessGram testing at the beginning and end of each semester. The FitnessGram assesses students fitness levels in 5 domains: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body mass index (BMI). We will test these domains with their respected assessments: push-ups, curl-ups, PACER, sit-and-reach, and height/weight. Students will receive a report card of their FitnessGram results following both the pre- and post-assessments. Report cards must be signed by a parent/guardian and returned to the school. Lastly, an improvement plan project will be given to students that uses these results.

Plagiarism, Cheating, and Academic Integrity

Plagiarism is the practice of copying words, sentences, images, or ideas for use in written or oral assessments without giving proper credit to the source. Cheating is defined as the giving or receiving of illegal help on anything that has been determined by the teacher to be an individual effort. Both are considered serious offenses and will significantly affect your course grade. Please refer to the Student Code of Conduct booklet for additional information.

Units of Sports/Activities

Unit/ Topic	Course Activities	Assessments/Assignments	Month/ Timeframe
<i>Invasion Games</i>	<i>Football, Basketball, Soccer</i>	<i>Q</i>	Fall/Winter
<i>Net/Wall Games</i>	<i>Badminton, Tennis, Volleyball</i>	<i>Q</i>	Fall/Winter
<i>Striking/Fielding Games</i>	<i>Kickball, Baseball, Softball, WiffleBall, Golf</i>	<i>Q</i>	Fall
<i>Yard Games</i>	<i>Tetherball, Horseshoes, Cornhole, Bocce</i>	<i>Q</i>	Fall
<i>International Games</i>	<i>Quidditch, Rugby, Kubb</i>	<i>Sport Introduction (P), Q</i>	Fall/Winter
<i>FitnessGram</i>	<i>Push-ups, Curl-ups, PACER, Sit-n-Reach, BMI</i>	<i>Individual Fitness Plan (P), Q</i>	Fall, Winter
Target games	Archery	Technology Scavenger Hunt (P), Q	Winter

Please read over syllabus with a parent/guardian. If you have any questions, please feel free to contact me. Sign and return by Friday 19th to Coach Coulter’s office. *With my signature, I agree to the above documented and understand that Coach Coulter has the ability to change the syllabus at his own discretion.*

Student Name: _____

Student Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____