

Course Syllabus Physical Education Grades 9-12

Grace Academy, Hagerstown, MD

Taught by Justin J. Culbertson

44 minutes, 5 days a week

1 credit hour

Brief Description: This course is designed for students in high school to be physically active and learn the rules of twenty games and sports, while satisfying the state requirement of 1 physical education credit in high school. Special attention is placed on making exercise a continual and integral part of life. Students will keep a fitness journal with weekly entries as part of their grade in the spring semester.

Goals for the students:

- To participate daily in the fullest extent as required by the teacher
- To be knowledgeable and experienced in a vast range of sports
- To learn the importance of teamwork combined with individual drive and work ethic
- To design and manage a fitness journal with 3 hours of weekly exercise
- To complete the Presidential Physical Fitness Program

Assessment and Course Requirements:

- Individual skill tests per sport
- Daily participation in uniform
- On time for warm-up exercises
- Effort while playing

Grading:

- Daily grade for gym clothes
- Daily grade for participation
- 4 skills grades per quarter
- Effort in exercises
- Fitness journal
- Worksheet quizzes on rules for sports

Assignments:

1. Bringing gym clothes and sneakers to class
2. Taking part of each class unless doctor's note or note from home
3. Completing worksheets and fitness journals