PHYSICAL EDUCATION SPORTS AND TECHNIQUE SYLLABUS

**COURSE DESCRIPTION:**

The purpose of this course is to provide you with information to lead a healthy lifestyle. We will be studying different sports, physical activities and fitness, stress management, and how to improve your quality of life.

You will be tested on the mile run and the Fitness gram testing. You will learn about the 5 Fitness Components and the FITT Principal.

**CLASS RULES:**

You will be expected to participate.

Treat the equipment, peers, and teachers with respect.

Have fun with the equipment, peers, and teachers.

**CLASS GRADING:**

Daily-10 points.

Activity log-3 points a week.

Mile and Fitness Testing-45 points

You will receive up to 10 points each day if you are following the rules, trying your hardest, and participating in everything. You will not be graded on skill level, but on participation and effort.

You will run the mile 1 time during the semester and also have fitness testing done during the semester. As long as you compete the mile and fitness testing, you will receive full credit.

**EXTRA CREDIT:**

Extra credit will be given only when you come and talk to the teacher (Coach Ky). It will be all health based. I will not give extra credit at the end of the semester if you have not been working hard in my class.

**CLASS SCHEDULE:**

Stretches-Each day one student will lead the class in stretches.

Warm-up- Each day I will lead the class in a warm-up. This will last about 5 minutes.

Main Activity-Remainder of class.

Monday, Wednesday, and Friday are Sport Days.

Tuesday and Thursday are Workout Days.

**I acknowledge that I have read this information and know the rules and expectations of this class.**

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