

Physical Education

- I. Course Description:
This course is designed to give students the opportunity to participate in activities that will increase their physical activity resulting in better physical condition and research different sports to learn their rules and benefit to personal well being.
- II. Course Goals and Objectives
 - A. Goals
 - 1. Students will develop a consistent exercise pattern.
 - 2. Students will research different sports to learn their rules.
 - 3. Students will increase their physical activity to promote good health.
 - B. Objectives
 - 1. Students will participate and learn the rules for tennis.
 - 2. Students will practice improving basketball skills.
 - 3. Students will roller blade, and walk 1 mile frequently to improve the habit of exercising.
 - 4. Students will strive to improve coordination.
 - 5. Other sports to be practiced and/or researched include baseball, bowling, and soccer.
- III. Course Outline
 - A. Students will participate in one of the above sports or activities for at least 20 minutes a day.
- IV. Teaching Methods
 - A. Participation
 - B. Research
 - C. Example
- V. Evaluation
 - A. Participation
 - B. Written work
 - C. Grading scale
 - 1. Participation striving to improve = A
 - 2. Participation only = B
 - 3. Negative participation = C-D
 - 4. Refusal to participate = F
 - 5. Written work will be graded according to accuracy, grammar and readability.