

Wallenpaupack Area School District
Wallenpaupack Area High School
Course Title: 12th Grade Physical Education
Length of Course: Semester

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description: 12th Grade Physical Education creates opportunities for students to learn and practice health and fitness theory. It is designed to develop self-discipline and self-control while learning life-long wellness skills. Opportunities are provided for students to develop safety skills, positive attitudes toward fitness, and social skills through participation in a variety of individual and team sport activities. The course also focuses on attitudes and behaviors that will promote positive health and wellness for an individual throughout their lifetime.

Pennsylvania State Standards:

Core Curriculum:

10.4.12.B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.5.12.A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

10.5.12.C Evaluate the impact of practice.

10.5.12.E Analyze the application of game strategies for different categories of physical activities.

Course Objectives:

Students will demonstrate the ability to:

- Demonstrate proficiency in all fundamental movement skills and patterns and competence in several specialized movement forms.
- Achieve and maintain a health-enhancing level of personal fitness.
- Demonstrate responsible personal and social behaviors in physical activity settings.
- Work cooperatively with peers during physical activity.
- Demonstrate sportsmanship and fair play during physical activities.
- Participate in a nationally recognized fitness tests to assess personal fitness.

Students will master the skills of:

- Identify and analyze the movement skills of self and peers during various physical activities.
- Apply rules, procedures, and safe practices based upon teacher instruction.

Major Activities to Support Course Objectives:

Badminton, Fitness Testing, Soccer, Speedball, Archery, Canoeing, Softball and Golf

Student Responsibilities:

Behavior expectations:

1. Physical Education is required for graduation each year under the law of the Commonwealth of Pennsylvania and regulations of this school district.
2. Students must be prepared in proper Physical Education attire for every scheduled class. Only exception: Doctor's excuse.
3. Proper Physical Education attire is:
 - Shorts, appropriate T-Shirt (with sleeves), sweatpants
 - Sneakers
 - Sweat shirts for cooler days
4. If a student refuses to change, the following will occur:
 - The student will not be allowed to make up the class.
 - The teacher will send a discipline write up to the office.
 - The office will handle the discipline action if it becomes a reoccurring problem.
5. Missed classes in excess of 2 for a marking period may cause a student to fail. The only excused absences are school functions and long term medical excuses. Students will be allowed to make up classes they have missed due to extenuating circumstances.
 - a. Once the PE portion of Wellness is over, the student has one week to make up the absences.
6. The Physical Fitness Testing Program is mandatory each year. Failure to complete tests dictates course failure.
7. Valuables are the students' responsibility. Locker rooms will be locked during class time, all valuables should be secured by the students. Lockers are for your use during class only. Team rooms are off limits.
8. Reckless use of equipment will result in assessment for repair or replacement costs.

Make-Up Class expectations:

Make-Up Class: A student can make up a class by participating in a physical education class or staying after school to use the Weight room.

Assessment:

Grading Components:

Students will receive a grade as follows:

Each day a student can earn up to 10 points per day.

Preparation for class (clothing and sneakers) mandatory, if they do not change the student will receive a zero for the day.

Active participation (4pts)

General behavior: leadership, cooperation, initiative, teamwork (4pts)

Skill development and proficiency (2pts)

Final Grade Calculation:

Physical Education Grade: $\frac{1}{2}$ of final grade

No Final Exam Grade

Content Pacing Guide:

Topic	Major Assignments	Estimated Time
Badminton		3 days
Fitness Testing		2 days
Archery		3 days
Kayaking		3 days
Softball		4 days
Golf		2 days
Volleyball		2 days
Court Hockey		5 days
Flag Football		3 days
Weight Room		6 days
Ping Pong		2 days