



<b>Course Syllabus</b>																							
<b>Franklin High School</b>	<b>2019-2020</b>																						
Course Title:      Physical fitness	Grade Level(s): 9th																						
Prerequisites: None																							
<p><b>Course description:</b>            Students will be exposed to a variety of team sports and lifetime fitness activities. Advanced skills, strategies, and team concepts will be covered. This class will provide an excellent opportunity for you to start an exercise program, learn or improve in a new sport, boost self-esteem, get in shape, and have fun!</p>																							
<p><b>Standards:</b>            P.E. National goals of physical education are to develop individuals who have the knowledge, skills and are able to participate with confidence to enjoy a lifetime of healthful physical activity.</p>																							
<p><b>Schedule of topics/units covered:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Ultimate frisbee</td> <td>15-20 Run/walk inside or outside</td> </tr> <tr> <td>Flag football</td> <td>15-20 Run/walk inside or outside</td> </tr> <tr> <td>Soccer</td> <td>15-24 Run/walk inside or outside</td> </tr> <tr> <td>Kick ball/softball</td> <td>15-24 Run/walk inside or outside</td> </tr> <tr> <td>Volleyball</td> <td>15-24 Run/walk inside or outside</td> </tr> <tr> <td>Hockey</td> <td>15-28 Run/walk inside or outside</td> </tr> <tr> <td>Lacrosse</td> <td>20-28 Run/walk inside or outside</td> </tr> <tr> <td>Badminton</td> <td>20-28 Run/walk inside or outside</td> </tr> <tr> <td>Pickle ball</td> <td>20-28 Run/walk inside or outside</td> </tr> <tr> <td>Mat ball</td> <td>20-30 Run/walk inside or outside</td> </tr> <tr> <td>Basketball</td> <td>20-30 Run/walk inside or outside</td> </tr> </table>		Ultimate frisbee	15-20 Run/walk inside or outside	Flag football	15-20 Run/walk inside or outside	Soccer	15-24 Run/walk inside or outside	Kick ball/softball	15-24 Run/walk inside or outside	Volleyball	15-24 Run/walk inside or outside	Hockey	15-28 Run/walk inside or outside	Lacrosse	20-28 Run/walk inside or outside	Badminton	20-28 Run/walk inside or outside	Pickle ball	20-28 Run/walk inside or outside	Mat ball	20-30 Run/walk inside or outside	Basketball	20-30 Run/walk inside or outside
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<p>Differentiation/accessibility strategies and supports (TAG, ELL, SpEd, other):</p> <p>All of my classes have students with special needs and Tag.  All classes are coed and come from a wide range of income, that's why we have uniforms so you can't tell the income difference also it makes it easy to identify my students in the park.</p>																	
<p>I teach using verbal, visual cues and teacher/student demonstrations.  I can assess the knowledge by watching their participation and game play. If there are disagreements, then my students are not sure of the rules and I will monitor and re-teach rules of the game. I also have handouts for students who prefer to read the information.</p>																	
<p>Assessment (pre/post)/evaluation/grading policy: Pre - timed mile run once a week that will slowly increase to 2-1/2 miles.</p> <p>Post - Physical fitness</p> <p>The final is worth 10% of the overall grade.</p> <p>It's a 12-lap (three mile) run/walk in less than 45:00.  Anyone not participating or finishing the final will receive a 0 and be dropped one letter grade.</p> <p>Grade scale:</p> <table data-bbox="203 1381 771 1543"> <tr> <td>Less than</td> <td>-34:00</td> <td>= A</td> <td>40 pts</td> </tr> <tr> <td>34:01</td> <td>- 36:00</td> <td>= B</td> <td>32 pts</td> </tr> <tr> <td>36:01</td> <td>- 38:00</td> <td>= C</td> <td>28 pts</td> </tr> <tr> <td>38:01</td> <td>- 45:00</td> <td>= D</td> <td>24 pts</td> </tr> </table> <p><i>Grades should be based the student's demonstration of understanding of the standards.</i>  Grades are based on a point system that requires student to dress down and participate daily.</p>		Less than	-34:00	= A	40 pts	34:01	- 36:00	= B	32 pts	36:01	- 38:00	= C	28 pts	38:01	- 45:00	= D	24 pts
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<p>Behavioral expectations: Students are expected to allow the teacher to teach and the student to learn. Anyone disrupting or interfering with the learning process will face disciplinary action.  ☒Intimidation, fighting or threats of violence will not be tolerated and will result in immediate removal from class</p>																	

Safety issues and requirements:

None
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