



PHYSICAL EDUCATION



“Strength does not come from physical capacity. It comes from an indomitable will.” – Gandhi

Instructor: Mr. Eric Kuhlman E-Mail: ekuhlman@apps.lcchs.edu Phone Extension: 2308
Planning Period: 1st Period 8:00-8:45 Study Hall: 2nd Period 8:49-9:38
Availability for Extended Help: 7:15-7:45 AM and 3:15-4:00 PM

COURSE DESCRIPTION

This course stresses the need for daily physical activity. In addition, this course explains the basic skills, principles, strategies and tactics for various physical activities. This course seeks to instill an enjoyment for physical fitness, improve personal health and demonstrate positive social interaction between peers.

The physical activities in this course include:

- Soccer, Flag Football, Volleyball, Basketball, Wii Bowling, Dodge Ball, Lacrosse, Nerf Softball, Kickball, Ultimate Frisbee, Golf, Bean Bag Toss, Bocce Ball, Croquet, Frisbee Golf and Kan Jam
- *** Subject to change – based on the number of students and the availability of sports equipment

COURSE OUTCOMES

After taking this course, students will be able to...

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Maintain regular physical activity and meet the daily national recommendations for healthy physical activity.
- Demonstrate understanding of principles, strategies and tactics as they apply to the learning of physical activities.
- Understand the principles, components and safe practices essential to sustaining health-related physical fitness.

EXPECTATIONS

- Students must be prepared with **SCHOOL-APPROPRIATE ATTIRE** for physical activity.
- Students are required to be dressed for activity within **FIVE MINUTES** of the class period.
- Students are expected to **ACTIVELY PARTICIPATE** during all class activities and games.
- During class discussion or physical activities students must **BE RESPECTFUL** of their peers.
- Students are expected to **HELP THE TEACHER** in carrying and cleaning up the equipment.
- **NO** student will **PREVENT** any other student from **LEARNING** or the teacher from teaching.

CONSEQUENCES

- The **Student Code of Conduct** will be **ENFORCED** including the dress code and tardiness.
- 1st Offense: Verbal Warning 2nd Offense: School Detention
Continued Offenses: Phone Call and Request a Parent Conference

GRADING SCALE

- This course uses the Lima Central Catholic grading scale and **will be on the student transcript.**
- A = 95% A- = 92% B+ = 89% B = 86% B- = 83% C+ = 80% C = 77% C- = 74%
D+ = 71% D = 68% D- = 66% F = 65% or less

PROCEDURES

In this class, the teacher will instruct students on the procedures and strategies of various physical activities. However, most of the student learning will result from active participation in the various physical activities.

Students will earn a percentage calculated based on the “total points” from the following categories:

- **Participation – 50%-60% of the student’s calculated grade**
 - Students earn between three and five points for each class period of active participation.
 - If a student is absent, he/she must complete the activity to earn those participation points.
 - Students that fail to meet the teacher’s expectations will be deducted participation points.
 - Students are required to be dressed in the appropriate attire within 5 minutes of the bell.
 - Students that fail to dress in appropriate attire may not participate and will receive a zero.

- **Unit Tests – 40%-50% of the student’s calculated grade**
 - Students will take a test at the end of each unit. Tests will include short answer questions.
 - Students will be required to explain rules and strategies as well as detail scoring systems.
 - Each test will be worth roughly fifty points based on the amount of material in the unit.

GRADING PROCEDURES

- This course follows the Lima Central Catholic grading scale located in the Student Handbook.
 - **NO LATE WORK** will be accepted in accordance with Lima Central Catholic policy.
 - Any work during an absence whether it is excused or unexcused is due within two days.
 - **However, students with 6+ unexcused absences will receive only 50% of the points.**
 - Students who are absent on the day of the test are required to take the test before school, after school or during their study hall within one week of the test date or result in a zero.
 - **Students found cheating will receive a zero, parent phone call and Saturday school.**

Please complete the following information and return with your student:

Student Name: _____

Legal Guardian Names: _____

E-Mail Address: _____

Phone Number (s): _____ Preferred Time: _____

Preferred Method of Contact: E-Mail Phone No Preference (*e-mail preferred*)

I have read the included class syllabus and understand the expectations associated with this course,

Student Signature: _____

Guardian Signature: _____