

NORTH DORCHESTER HIGH SCHOOL

PHYSICAL EDUCATION COURSE SYLLABUS/OUTLINE

INSTRUCTOR: Dave Morrissette EMAIL – morrissetted@dcpsmd.org

SCHOOL PHONE NUMBER 410 943 4511

Class Length:

90-minute semester classes will have 45 minutes of synchronous instruction and 45 minutes of asynchronous instruction Tuesday – Friday during your scheduled class times.

45-minute year- long classes will have 45 minutes of synchronous instruction on Tuesdays and Thursdays and 45 minutes of asynchronous instruction on Wednesdays and Fridays during your class time.

Instruction will be delivered during your scheduled class time through Google Meet. Schoology will be the platform used for assignments.

Schedule –

****WHILE WE ARE VIRTUAL, EVERY MONDAY THERE WILL BE A NEW WRITTEN ASSIGNMENT TO BE TURNED IN BY FRIDAY FOR THAT WEEK. THIS WILL BE YOUR ASYNCHRONOUS LEARNING FOR THE WEEK**

Period 1

8:00 –9:30 am - PLANNING

Period 2(A) YEAR LONG PHYSICAL EDUCATION

9:35-10:20 am Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.

Asynchronous Learning on Wednesdays and Fridays – you should be completing work provided in Schoology. Teacher is available to answer questions.

Period 2(B) YEAR LONG STRENGTH & CONDITIONING

10:20-11:05 am Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.

Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.

Period 3(A) YEAR LONG STRENGTH & CONDITIONING

11:45am-12:30 pm Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.

Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.

Period 3(B) YEAR LONG PHYSICAL EDUCATION / HEALTH

12:30-1:15 pm Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.

Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.

Period 4 SEMESTER LONG PHYSICAL EDUCATION

1:20-2:05 pm Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.

Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.

Course Description:

The physical education course content prepares students with knowledge and skills needed to engage in a physically active, healthy lifestyle throughout life.

Course Requirements/Objectives:

The students will...

- 1. complete a daily warm up, stretch, cardio activity, cool down**
- 2. actively participate in all class activities.**
- 3. listen attentively to class lectures.**

Texts/Resources:

Internet

Required Materials:

Athletic clothing and tennis shoes

Grading Policy:

60% Quizzes, Tests and Projects

40% Class work, Warm- Ups and Exit tickets

The final exam will count 5% of your final grade

Guidelines for Success:

- 1. Be on time for your class through google meet.**
- 2. Be changed into comfortable clothing and tennis shoes.**
- 3. Complete all class work, projects and tests to the best of your ability.**
- 4. Keep track of all your graded assignments.**
- 5. Study class material frequently.**
- 6. When absent make up your missed work.**
- 7. Always respect others.**
- 8. Practice good character traits. They will take you far in life.**

Time frames for Course Standards/Units of Study

Shape Standards for Physical Education

September – January 2020 for Semester classes

January – June 2020 for Year long classes

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.