

# Lifetime Recreation Physical Education Course Syllabus

Mrs. Pankratz

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715-687-4311 ext. 2184

## **Supplies Needed:**

- 2 pairs of tennis shoes separate from school shoes (one clean pair for inside activities, one old pair for outside activities)
  - If you are unable to get two pairs of shoes to school, let me know and I can help out
- Clean socks for Fanetti Center activities
- T-shirt and shorts (separate from school clothes)
- Sweatshirt and sweatpants for colder outside days
- Toiletries
- Chromebook when required for various fitness activities

## **Course Description:**

This class provides students with the opportunity to develop knowledge, skills, and values of competitive as well as non-competitive activities they can incorporate into their lifestyle. Promoting self-confidence and empowering students to take responsibility for making daily activity a priority will be a main focus of this class.

## **Essential Learning Outcomes:**

*“I can...”*

- Practice social responsibility in physical education through the SOAPS (Safety, On-Task, Attitude, Participation, Sportsmanship) model.
- Assess my current health-related fitness levels based on Fitnessgram Physical Fitness Testing.
- Analyze the importance of being exposed to non-traditional activities and how that will benefit me in the future.
- Demonstrate the rules, skills, and strategies of various individual, dual, and team activities through gameplay.
- Discover locations to participate in various lifetime physical activities in our community and other local communities.

## **General Class Procedures:**

- Tiger PRIDE Classroom Expectations
- Daily SOAPS Points
- 3 minutes at the beginning of class to change and have a seat in attendance squad
- 5-8 minutes at the end of class depending on the activity to change, remain in locker room area/gym until bell brings
- \$5 at end of the year for a lost lock
- If you borrow clothes from an instructor, please return to the correct bin

### Assessment:

<u>Formative Assessment:</u>  <u>Daily SOAPS Points</u>  <u>50% quarter grade</u>	<u>Summative Assessment:</u>  <u>Unit Grades</u> <u>Cognitive Assessment</u> <u>Projects</u>  <u>50% quarter grade</u>	<u>Semester Grade Calculations</u>
-10 daily SOAPS Points -Entered weekly -Make-ups required after the 2nd absence (see attendance) -SOAPS Points deducted until makeup completed	-Units that are 5 days and above are given a unit grade -Unit grade based on rubric categories including rules, strategy, skills, and sportsmanship/cooperation -Fitnessgram based on participation & effort -Self-evaluations may be used for some units -After two free days: If more than 2 days of a unit is missed the unit grade will be marked as missing until makeup is completed -If makeup is not completed, the highest grade is 80% for that unit	-Each quarter = 45%  -Final Exam 10%

### SOAPS - Our Classroom Community - Social Responsibility in Physical Education 10 points daily - 2 points per category

<u>S</u> <u>Safety</u>	<u>O</u> <u>On-Task</u>	<u>A</u> <u>Attitude</u>	<u>P</u> <u>Participation</u>	<u>S</u> <u>Sportsmanship</u>
-Appropriate use of equipment -Appropriate use of equipment regarding others <b>-Respect all facilities</b> -Demonstrate respect for personal space during all activities	-Sit down in attendance squad on time -Change for activity (separate from school clothes, correct shoes) <b>-Follow directions</b> -Listen to whoever is speaking (instructor, classmate, presenter)	-Respect classmates, instructor, activity rules -Appreciate the value of all activities <b>-Encourage and support others</b> -Use appropriate language	-Willingly and actively participate to the best of your ability and effort -Set up and put equipment away without being asked (when appropriate)	-Demonstrate self-control -Avoid or resolve conflicts <b>-Cooperate with and accept classmates</b> -Follow rules or guidelines for activity <b>-Demonstrate ethical behavior</b>

### Google Classroom Code:

### Attendance :

- Students are given two free days per quarter. After two free days students will need to make up days missed (medical situations handled below).

**Makeup options:**

- 7 minute run at school confirmed with Mrs. Pankratz, sheet signed and turned into Mrs. Pankratz.
- 30 minutes of physical activity (extracurricular or work time not included) outside of the school day. Sheet filled out by you and verified with parent/guardian signature and turned into Mrs. Pankratz. Parents/guardians may be contacted to verify makeup time.
- Join another physical education time during study hall, approved by the instructor. Sheet filled out, signed by the instructor and turned into Mrs. Pankratz.

**Medical Excuses:**

- Medical excuses are a signed note from a doctor excusing you from activity for 3 or more days due to injury or illness. If possible, have your doctor include specific restrictions and allowed activities because some activities may allow you to participate.
- Medical excuses from 4 days to 2 weeks are not required to be made up and students are expected to help the instructor. (Equipment, bulletin board, etc.)
- Medical excuses from 2 weeks to 5 weeks are required to do work from a P.E. medical packet.
- Medical excuses for longer than 5 weeks will be required to participate in the OdysseyWare program through our district to receive their credit.

**Physical Education Field Trip Notification**

- Throughout the course of the semester we will be participating in many fun educational activities. Most activities are on the immediate school grounds, however, some activities require going to Klemme Reserve, Stratford High School Sports Complex (football field, track, baseball field, softball field), Connor Park, School Forest, and Stratford Heritage Trail. Students must have their *walking field trip form* on file.

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Please review with your parent/guardian(s) and return bottom portion to Mrs. Pankratz.

My daughter and I have reviewed and understood the Lifetime Recreation Course Syllabus.

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Print Student Name

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Student Signature

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Parent/Guardian Signature

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Date

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Parent Email Address