

WITTENBERG-BIRNAMWOOD HIGH SCHOOL

Ms. Tina Bacon PHYSICAL EDUCATION 9 & 10

Email: tbacon@wittbirn.k12.wi.us

Website: <http://www.wittbirn.k12.wi.us/faculty/tbacon/welcomepage.cfm>

Goal:

The goal of Physical Education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. (AAPHRD)

Course Description:

Physical Education 9 & 10 features several units with the main focus being physical fitness through pre/post FitnessGram testing, goal setting, fitness trends, individual and team activities, and general wellness. The individual student grading will come from rules, strategies, sportsmanship, and teamwork.

Learning Targets & Outcomes

- Participate in fitness assessments that measure the components of physical fitness.
- Understand the concept of total wellness and how team sports, lifetime activities, different fitness trends, and goal setting contribute to emotional and physical wellness.
- Demonstrate and apply appropriate safety practices, rules and procedures in all physical activities.
- Demonstrate appropriate social and cooperative behaviors in all activities.
- Demonstrate goal setting, knowledge of game rules, and weight room/lifting techniques through their personal journal.

Grading Policy

Students will be graded with the Reporting Rubric for 9-10 Physical Education (rubric attached) in a majority of the activities. Some activities will have their own Reporting Rubric in which the students will be graded on. Students will be demonstrating the skills, rules, and sportsmanship it takes to perform each activity during the semester. Points will be based on each rubric criteria which will be discussed before the unit and will be posted on my website. Each unit is about five to six days long, unless otherwise specified.

Assessment Plan:

Students will be assessed by the teacher using formal and informal observation(s), skill testing, oral presentation, and written feedback/exams. Students will be given verbal, positive, constructive feedback and also written scores for feedback on assessments.

Quizzes and individual assessments (Rubric) will be given throughout the semester to test your knowledge of the different activities. If you want to re-test, consideration will be discussed on a one to one basis and evidence of growth on the student's part will need to be present before re-tests are given. Fridays will be Ms. Bacon's day for you to practice and/or re-assessment your skill, on a need basis.

Homework - Sophomores will have one semester long homework assignment that will be kept in their journal folder and will be done in class.

A **Zero** will be given **only** if no evidence was shown in the activity.



Keep track of your grades and your progress in Skyword. An “I” (incomplete) will be given if you have not successfully completed the unit.

If you want to retake a test or an assessment, you will need to email me (tbacon@wittbirn.k12.wi.us) and indicate exactly what you want to retest or assess on, who your advisor is, and what days would work best for you. I will only go two weeks past the last day of the unit for the reassessments/tests.

There will be no “rounding up” at the end of the quarter/semester. If you are looking for a specific grade, aim for that grade and don’t give up. Talk with Ms. Bacon about redoing an assessment.

Grade breakdown = Rubric score = 60%, Quizzes = 30%, Homework = 10%.

Employability Skills Rubric - At the end of each quarter, you will be given a 1-4 score on your employability skills in physical education in the categories of Productivity, People Skills, and Technology Use (rubric attached)

Physical Education 9 Units

Ultimate Frisbee, Speedball, Pickleball, Swimming, FitnessGram Testing, Fitness Unit (various nontraditional Fitness training) and Weight Room (Bigger, Faster, Stronger program 2x/week for the semester)

Physical Education 10 Units

Tennis, Softball, Badminton, Swimming, FitnessGram Testing, Floor Hockey, and Weight Room (Bigger, Faster, Stronger program 2x/week for the semester)

Medical Absence or Excuse: Time missed will be discussed with the teacher outside of class. We will talk about what you can or cannot do.

Dress Requirements

Phy Ed class will follow the student handbook policy for dress requirements.

Locks:

You need to **LOCK** your locker when you are in class. Locks are provided by the school. You must put a \$5 deposit on your locks. All locker numbers and combinations must be recorded with me. **LOCK YOUR LOCKERS AT ALL TIMES!**

Classroom Expectations:

* See attached sheet “Ms. Bacon’s Physical Education Classroom Expectation Matrix”

Extra Help Times:

Advisory hour or we can discuss another time.

Best way to contact Ms. Bacon is via email. tbacon@wittbirn.k12.wi.us. If you wish to talk with me, email me the time and date, and I will call you. I am in and out of my office throughout the day. Thank you!

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PHYSICAL EDUCATION

Ms. Bacon
2016-2017

I acknowledge that I have been informed of the rules and regulations concerning Ms. Bacon's Physical Education Class at the Wittenberg-Birnamwood High School.

Print Student Name: _____

Hr. _____ Date: _____

Student Name Signature: _____

Print Parent/Guardian Name: _____

Email address: _____

Best phone number to call: _____ Best time of day _____

Parent/Guardian Signature: _____