

# **Blaine High School Physical Education Electives 2018-2019**

## **Physical Education Staff:**

**Chris Brustuen :** [chris.brustuen@ahschools.us](mailto:chris.brustuen@ahschools.us)  
**Michelle Butkus:** [michelle.butkus@ahschools.us](mailto:michelle.butkus@ahschools.us)  
**Brandon Groebner:** [brandon.groebner@ahschools.us](mailto:brandon.groebner@ahschools.us)  
**Amanda Koltes:** [amanda.koltes@ahschools.us](mailto:amanda.koltes@ahschools.us)

**Cathy Lachinski:** [cathy.lachinski@ahschools.us](mailto:cathy.lachinski@ahschools.us)  
**Josh Prokosch:** [joshua.prokosch@ahschools.us](mailto:joshua.prokosch@ahschools.us)  
**Aaron Vanjoske:** [aaron.vanjoske@ahschool.us](mailto:aaron.vanjoske@ahschool.us)

## **Course overview**

Welcome to our Physical Education elective classes. In these Physical Education classes you will have the opportunity to be involved in many different activities. You will be able to improve your personal fitness level through participation in this class. We encourage everyone to be active and have fun while learning. Everyone will come into the class with different abilities, interests, and backgrounds. Please respect and encourage one another in all class activities.

## **In Class Practice**

In order to fully understand the material in class, you must practice. Students will be given multiple opportunities through group structured activities and individual time to practice skills from the lesson. It is our goal to get students to self-assess their needs prior to our performance days and continue to practice and/or seek help from the teacher.

## **In Class Performance**

Students will use skills and strategies learned at the end of the unit during performance days where they will be assessed on meeting the learning targets. Students will have multiple performance days for each unit/activity.

## **Physical Education Learning Targets:**

**LT 1:** I can demonstrate competency in a variety of motor skills and movement patterns.

**LT 2:** I can apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

**LT 3:** I can demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**LT 4:** I can exhibit responsible personal and social behavior that respects self and others.

**LT 5:** I can recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

## **Quizzes**

Each unit will have a summative quiz that will be given at the end of the unit to assess their understanding of each learning target.

## **Grading**

This course uses a standards based approach to grading. Students will be assessed on the course learning targets (objectives) using the following rubric. For each activity/unit students will be given 2 assessments (Practice and Performance), with their performance score only affecting their overall grade.

5-Exemplary	Consistently performs learning target in contexts outside of those presented in class or is able to extend the learning target to a higher level.
4- Proficient	Demonstrates the learning target consistently without error or only minor errors that are corrected when pointed out.
3- Developing	Meets the required learning target when reminded or after modeling, but not in a reliable fashion when asked to do so independently. Can identify when errors may be present but has trouble fixing those errors without further assistance.
2- Novice	Demonstrates learning target with assistance, and can identify or fix errors when provided assistance.
1- Insufficient Evidence	Not enough data exists to make a fair evaluation of student performance towards learning target.

Gradebook Breakdown:

90% Learning Targets:

80% Performance

10% Quizzes

10% Common Summative Assessment

## Re-Learning & Re-Assessment

We understand that all students learn at a different pace, but we do believe all students can perform at a proficient level on all learning targets in this class. With this understanding, we are prepared to offer multiple opportunities for students to demonstrate proficiency. In order for students to re-assess, there will be a required assignment students must complete and the students will be asked to check in with their teacher prior to taking the re-assessment. The re-assessment may be in a different format than the original assessment.

**In Physical Education it is about the process...you will learn how to solve problems, take risks, work both independently and as a team, learn from others, learn from mistakes, develop responsibility for equipment, communicate respectfully, develop coordination and movement patterns, follow through on long term personal fitness goals and develop confidence in yourself.**

## Daily Expectations

- Arrival and dismissal from class on time
- Attitude/Respectfulness
- Sportsmanship
- Use/care of equipment
- Active participation and effort
- Concern for safety
- Listening skills/Following directions
- Proper attire (athletic clothing and shoes)