



# Anoka-Hennepin Physical Education PE I Syllabus



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## **Course Description:**

It is the goal of the Anoka-Hennepin Public Schools physical education program to provide students with developmentally appropriate learning opportunities with meaningful content and instruction. All students will develop health-related fitness, physical competence, cognitive understanding and positive attitudes about physical activity that promotes a healthy and physically active lifestyle.

## **Our Vision Statement...**

Inspire every student to maintain a healthy lifestyle.

## **Our Mission Statement...**

To develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. The physical education program provides opportunities for students to attain the skills, knowledge, and attitudes essential for a healthy lifestyle.

## **Our High School Physical Education Purpose...**

To introduce our students to a variety of wellness related activities so that they have the ability to develop a physically active lifestyle for a lifetime.

## **Standards Based Grading**

Teachers will use a standards-based grading system that focuses on the most important standards and benchmarks as determined by the Minnesota Department of Education and MnSHAPE. Students' knowledge and performance will be evaluated using a 4, 3.5, 3, 2.5, 2, 1.5, 1, .5 proficiency scale that will allow parents, students, and others to determine what a student knows and can do. Daily practice may be noted in the gradebook, but may not be factored into the final course grade. This reflects the belief that students should be graded on what they know and can do based on multiple opportunities to showcase proficiency.



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## PE I Course Outcomes based on Curriculum Standards

Standard	Benchmarks	Percentage
1	-Demonstrate competency in muscular strength, muscular endurance, flexibility, and cardiorespiratory exercises.	20%
2	-Efficiently moves to open spaces in court/field games. -Anticipates opponents movements and patterns.	15%
3	-Uses technology and apps to monitor fitness activities. -Apply stress management strategies. -Participate in cardiorespiratory and bone strengthening activities multiple times each week.	25%
4	-Exhibit proper etiquette, respect for others, and teamwork.	25%
5	-Participate in activities that are enjoyable.	15%

**Changing clothes in physical education not only allows students to participate fully and safely, it develops personal responsibility, employability skills, and promotes good hygiene.**

### Occurrence and Consequence

**1<sup>ST</sup>** Verbal reminder of guidelines. Teacher will discuss possible solutions with student. Unsafe attire will result in removal from activity.

**2<sup>ND</sup>** Teacher communicates with parent(s)/guardian(s). Unsafe attire will result in removal from activity.

**3<sup>RD</sup>** Teacher communicates with parent(s)/guardian(s). Teacher notifies administration of insubordination. Unsafe attire will result in removal from activity.

**4<sup>TH</sup>** Student will receive a discipline referral. All subsequent occurrences will result in referral. Unsafe attire will result in removal from activity.

**Appropriate attire:** Athletic shorts/pants and shirts, athletic shoes (with laces/Velcro).

**Students will be allowed to participate on a 1st offense with:** jeans, jean shorts, cargo shorts.

**Unsafe attire:** crocs, sandals, flip flops, boots, dresses, skirts, etc.. (will be removed from activity).