

Physical Education I

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Course: Physical Education I **Prerequisite:** None

Course Description:

The goal of Andover High School Physical Education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

1. Has learned the skills necessary to participate in a variety of physical activities;
2. Knows the implications and the benefits of involvement in various types of physical activities;
3. Participates regularly in physical activity;
4. Is physically fit;
5. Values physical activity and its contributions to a healthful lifestyle

Major Outcomes:

- Fundamentals/assessment of individual physical fitness
- Instruction in varied physical activities

Practice/Daily Tasks (40%) - Measures progress as an engaged learner.

Standards Based Grading (50%)- Proficiency of PE Standards will be assessed in each unit using the scale below.

0- No Evidence	1- Need more practice!	2- Getting there!	3- Got it!
Student did not demonstrate standard	Multiple components of standard are missing	Standard is recognizable but needs refinement.	Standard met.

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Standard 4: Exhibit responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

District Summative Assessment (10%) – The student demonstrates the knowledge of concepts

to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard grading scale of:

- 93 %+ A
- 90% + A-
- 87%+ B+
- 83%+ B
- 80%+ B-
- 77%+ C+
- 73%+ C
- 70%+ C-
- 67%+ D+
- 63%+ D
- 60%+ D-
- 0%+ F

Make up/Reassessment

Students will be provided with opportunities to practice components of each standard with feedback. Participation in all class activities is required. Practice is graded and is essential for proficiency in Standard assessments. Students will be given the opportunity during WIN time to complete late or missing work. Students will be given the opportunity during WIN time to relearn or to reassess.