

Holt Junior High School
Course Prospectus and Curriculum Guide

Physical Education

I. Course Description

This class introduces students to the activities, knowledge and attitudes needed to manage their own fitness and prepare them for a lifetime of physical activity and health. Students will receive instruction for, participate in and be assessed in personal conditioning activities and team, dual and individual sports. Class will consist of a variety of organized activities that will emphasize fitness, cooperating with others, skill building and doing one's best. All enrolled students must dress in athletic attire for class and either provides their own lock for the locker room or rent one from the physical education department for \$5.00. The money will be returned to the student at the end of the semester when the lock is returned. Students will be evaluated on their daily participation, effort and behavior, their skill improvement and knowledge acquired during class.

II. Course Objectives

All students will:

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply learning and performance of physical activities.
- Participate regularly in lifelong physical activity.
- Achieve and maintain a health-enhancing level of physical fitness.
- Exhibit responsible personal social behavior that respects self and others in physical activity settings.
- Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

III. Required Textbooks

Michigan Exemplary Physical Education Curriculum Student Portfolio

IV. Methods of Evaluation

A. Grading in the physical education policies is based on the following:

Daily Grade (attitude, effort, participation, behavior and dress)	60%
Skill Testing	10%
Knowledge Testing	10%
Final Exam	20%

B. Holt Junior High grading interpretation is as follows:

<u>Grade</u>	<u>Definition</u>	<u>Grade</u>	<u>Definition</u>
A	Outstanding Progress	D	Lowest Acceptable Progress
B	Above Average Progress	E	Failure
C	Average Progress	I	Incomplete

V. Optional Information

See Attached Policies