

The Early College at Guilford
2023-2024

Course Title: Physical Education

Credit: One

Classification and Maximum Weight: 4.0

Prerequisites/Co-requisites: None

Office Hours: Monday- Friday 7:30- 8:30a.m.

Instructor Information: Zane Chamra

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Course Description: This Class is developed for students to become competent, literate, and enthusiastic physical education students. A competent student is knowledgeable and successfully performs physical education skills and strategies. A literate student knows the rules and traditions of different sports. A literate student also has a vast knowledge of the Health topics that affect us today. A student who is enthusiastic behaves in ways that protect, preserve, and enhance the culture of health and physical education.

This class is going to cover the rules, traditions, and teach the skills to sports such as football, basketball, soccer, and ultimate Frisbee. This class will also cover health topics such as stress, components of health related fitness, and other health topics.

Student Learning Outcomes and expectations: As a student who is taking physical education you are going to have a chance to wear many hats. You are going to be able to act as a leader, teammate, and coach. Through physical education class you are going to learn the principals of teamwork, a positive attitude, how to push yourself physically and mentally, and of course we are going to have lots of fun.

All Students are expected to:

1. Dress out
2. Compete to the best of their abilities
3. Have a positive attitude
4. Have Fun

Teaching Strategies: Direct and indirect teaching strategies are used during this class. Direct teaching is the teacher leads the lesson plan. Indirect teaching is when the students lead the lesson plan.

Evaluation Methods and Guidelines for Assignments:

Participation 50%- Participation is a daily grade for each student. It is a combination of multiple things which consist of: Dressing out and completing that day's lesson objective.

Tests 30%- Test on Health and Physical Education Subjects. (At Least one test per unit)

Daily Class work- 10% this will consist of journals and quizzes that will take place during each unit.

Grading Policy Update

Given the pandemic, grading policies are subject to change based on recommendations and requirements from Guilford County Schools and/or the NC Department of Public Instruction.

Guilford County Schools Grading Scale (Policy IHA):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 59 AND BELOW

I = INCOMPLETE

Required Texts/Readings/References: Life Time Health

Outline: Pacing Guide: **Lesson order subject to change.**

- 1 Physical Fitness Testing
- 2 Tennis
- 3 Speed and explosion/ Track and Field
- 4 Stress Management
- 5 Healthy Eating Habits
- 6 Alcohol and Drug use
- 7 Pickle Ball
- 8 Softball
- 9 Ultimate Frisbee/Frisbee Golf
10. Football
11. Basketball
12. Volleyball
13. Physical Fitness Testing
14. Family Life

Honor Code: Early College at Guilford Honor Code (Found in the student handbook)

Class Rules: 1. Be on time (During online and Face to Face Classes.)

2. Be prepared (dressed out in your physical education clothing)

3. Treat everyone with respect (Consideration for the feelings, wishes, rights, or traditions of others.)

Cell Phones: Cell Phone Policy

Students should turn cell phones off or silence them and put them in their backpacks (not in pockets, on the desk, etc.). When cell phones may be used for instructional purposes, the teacher will instruct students to get them out. If a cell phone is out of a backpack when the teacher has not approved its usage, consequences will be as follows:

1st offense: Phone confiscated until end of period

2nd offense: Phone confiscated until end of day

3rd offense: Phone confiscated until parent picks it up (from then on, student must turn in cell phone at the beginning of class and get it back at the end of class)

Physical Education clothing: Students need to wear appropriate athletic clothing. Students also need to bring athletic footwear to each class. Students will use the ECG restrooms for the dress out process. Students who do not dress out will lose participation points. Note: This Process is subject to change because of Covid 19 restrictions.

Classroom Management: P.E: Class starts at 9 a.m. all students need to report to the physical education and start dressing out for class. After students dress out they meet back at the physical education quietly have a seat. After roll call and Announcements have taken place we will start the physical education lesson. At the end of the lesson students will clean up the physical education area head back to class and dress out for the school day.

Health: Class starts at 9:00 a.m. all students need to be seated ready to start the health lesson.