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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.

**Anoka-Hennepin Physical Education Dress Code Guidelines:**

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

* **Best practice for safe participation - Appropriate attire:** Athletic shorts/pants and shirts, athletic shoes (with laces/Velcro). Attire must also be school appropriate.
* **Unsafe/inappropriate attire:** jeans, jean shorts, cargo shorts. crocs, sandals, flip flops, boots, dresses, skirts, etc. (will be removed from activity).
* **Occurence and Consequence:**
  + **1ST** Verbal reminder of guidelines. Teacher will discuss possible solutions with student. Unsafe attire will result in removal from the day’s activity.
  + **2ND**Teacher*communicates with parent(s)/guardian(s)*. Teacher may notify counselor/administrator of insubordination. Unsafe attire will result in removal from the day’s activity.
  + **3RD**Teacher*communicates with parent(s)/guardian(s)*. Teacher notifies administration of insubordination. Unsafe attire will result in removal from the day’s activity.

**PE II Course Outcomes based on Curriculum Standards**

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| **Standard** | **Benchmarks** | **Examples** | **Percentage** |
| **1** | * Demonstrate competency in individual performance activities, outdoor pursuits, net and wall games, or target games. | * Student participates in physical activity. * Student is able to perform competency in skill assessments. | **25%** |
| **2** | * Improve performance for a self-selected skill. | * Student performs in Fitnessgram testing. * Student writes goals on how to improve upon Fitnessgram scores. | **10%** |
| **3** | * Calculate target heart rate zone (THRZ). * Student participates in cardiorespiratory and bone strengthening activities multiple times each week. | * Student does a cardio assessment by calculating their heart rate before and after physical activity. * Student participates in weight room activities and designs a work out using our strength training program sheet. | **25%** |
| **4** | * Apply best practices for safe participation. | * Student comes prepared for physical activity with proper attire. * Student has proper etiquette with equipment (use it for what it’s intended for and helps take down and setup). * Student shows sportsmanship and is respectful of others at all times. | **25%** |
| **5** | * Identify health benefits of activity. * Choose activities that are challenging enough to experience success and enjoyment. | * Students participated in choice day activity and reflects upon activity on google form. | **15%** |