

Lifetime Activities Fall/Spring Outdoors

Instructor: Mr. Eric Johnson

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Course: LAO Fall/Spring and Winter

Prerequisite: Complete Physical Education II

Course Description:

This is an elective physical education course that will be emphasizing on various outdoor and indoor (depending on weather) activities, enhancing fitness levels, develop an appreciation for the outdoors, acquiring leadership skills and understanding the importance of physical activity as it relates to a healthy lifestyle. This is an elective class and active engagement is **MANDATORY!**

Note: Do to the location of some facilities; there may be a fee for bussing and participation. This is not mandatory.

Grading % and Physical Education Requirements:

Active Engagement (80%) - The student is actively engaged in classroom activities (Warm-up, drills, activities, modified games and game activities).

-Personal/Social Responsibility - The student exhibits responsible personal and social behavior that respects self and others. Also, recognizes value of physical activity.

-Motor Skill - The student demonstrates competency in a variety of motor skills and movement patterns.

Knowledge (10%) - The student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

District Summative Assessment (10%) - The student demonstrates the knowledge of concepts to achieve and maintain a health-enhancing level of physical activity and fitness.

Grading Procedure:

Physical Education students can earn 5 points/day based upon the standards listed below:

5 Points

* Student is actively engaged in activities during the class period and demonstrates the knowledge and skills to achieve and maintain physical fitness **(Standard 3)**

* Student demonstrates safe behaviors and respect for self, others, equipment and facilities (sportsmanship and class rules) **(Standard 4)**

* Student demonstrates required motor and movement skills to be actively engaged in class activities **(Standard 1)**

* Student applies knowledge of concepts, principles, strategies and tactics related to daily activity **(Standard 2)**

* Student recognizes the value of physical activity through active engagement during class **(Standard 5)**

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

Absent Re-do's can be done before school, after school, or by completing Absent Make-up sheets. Before and after school re-do's need to be arranged with your teacher.