

P.E. Syllabus

~Brandy Sweeten

~Elementary P.E.

~Elementary Gym, Elementary Play Grounds, Elementary Tennis Courts, and Northcutt Stadium

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~Course Description - The Nueces Canyon Physical Education program is designed to enhance our students' physical fitness needs, sports skill development, brain development and knowledge in game strategy, and social development. Our number one priority is to improve the health and well-being of our students, so that they may maintain healthy habits into adulthood. In addition, *we very much would like to see our P.E. Department in close alignment with our Athletic Programs here at Nueces Canyon.* We are a small school district, and our Elementary P.E is the foundation for our extracurricular competitions. Our school district would also like for our P.E. program to assist with the high academic requirements placed on our student body by including academic challenges, when necessary, that aid our core subject areas. Finally, P.E. facilitates real life experiences and social interactions. We would like to promote sportsmanship as well as everyday manners and game etiquette. The fundamental primus of our P.E. department, as well as our school district, is to maintain a high level of expectation. "Where little is expected, little is achieved."

~Units -

1. Cooperative Activities I \ Social Skills
2. Basketball I \ Court Identification
3. Soccer \ Sportsmanship \ Skeletal System
4. Tennis \ Court Identification \ Etiquette \ Skeletal System Completed
5. Cooperative Activities II \ Major Muscle Groups
6. Basketball II \ Offense and Defense \ Major Muscle Groups Completed
7. Football \ Fitness \ Blood Flow
8. Badminton \ Fitness \ Etiquette \ Nutrition
9. Volleyball \ Pickleball

(a.) Supplemental Units -

1. Skeletal System & Major Muscle Groups
2. Blood Flow
3. Nutrition
4. Physical Fitness Awareness & Testing
5. Court Identification and Playing Areas
6. Social Skills, Sportsmanship, & Etiquette

~Grading Policy & Required Material – Participation (Daily) worth 70% Taken 3 X's a week

Test (And Group Tests) worth 30% Taken 2-3 X's a grading cycle

Participation weighs heavily upon behavior, attitude, and daily preparation. Because P.E. is kinetic (movement-oriented), students' derive their grades from not showing on paper, but actual, "real-life" doing and demonstrating. Therefore, their grade is largely determined by how much effort they show, and by how they follow instruction. They must wear tennis shoes **DAILY**. **They are not permitted to go barefooted, and their participation grade will reflect a lack of tennis shoes.** This is for their safety, and certainly included in their participation. This procedure is also mentioned in our current guidelines for P.E., found in the N.C. Student Handbook. If your child should have to wear attire that is more formal on a certain day, they are encouraged to bring a change of clothes in order to preserve their nice clothes, and so they can move more freely and comfortably. Though tests do not make up the bulk of our time spent in P.E., parents and students can expect at least two tests per six weeks.

~ Rules & Procedures

- 1.) Enter and exit the gym quietly, and go to your assigned spot;
- 2.) Two whistles mean to freeze;
- 3.) Tennis shoes are required daily;
- 4.) Respect others and the equipment;
- 5.) Use "Yes Ma'am\No Sir";
- 6.) Follow directions, and be a good listener; and
- 7.) Always try your best