

## Physical Education 2021-2022

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### Benchmarks and Shape America Standards (The Physically Literate:)

- Standard 1: Individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2: Individuals apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: Individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: Individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5: Individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### Assessments

Teacher will assess students through participation, effort, and respect on any given unit.

### Content

In addition to the units in each class, students will also be introduced to health and wellness concepts promoting a healthy and active lifestyle.

### Instructional Strategies

Teacher will use various strategies to include direct instruction, project-based learning, goal setting, and cooperative learning.

### Resources

Classes will be going to different places in the Dubuque community to give students a wide variety of activities.

### Academic/Behavioral Expectations

- Students are expected to respect teachers, classmates, equipment, and themselves. This expectation applies whether we are in a vehicle, out in the community, or at school.
- Students must come to class ready to participate. Athletic shoes are encouraged for all activities.
- Students may listen to music during non-instruction times.
- Under no circumstances will the use of tobacco products be allowed during class time whether on or off campus. This includes cigarettes, electronic cigarettes, vaporizers, etc.
- Students will have the opportunity to make up an absence at the end of term or on a day they do not have Physical Education if there is a spot available.
- If a student is injured they will also have the opportunity to make up days missed through course work. Students must have proof they are unable to participate in the activity.

## **Grading**

Teacher will grade students on a variety of factors. 10 points are available for each class period. Points are earned for following the expectations. This includes:

- Participation (3 points)- Students may be graded on physical activity performance, daily lesson expectations, and following Standard 4 of the National PE Standards. The student must do the activity at hand, unless arranged by the teacher.
- Respect (4 points)- Students are expected to be respectful during class time. Students will receive a point for wearing tennis shoes to class. This shows respect towards themselves and any equipment we may use. Students may lose points due to use of bad language, disrespect towards others, not picking up equipment, etc.
- Attendance (3 points)- If a student is not present for class they cannot receive points. Students must attend a specific number of classes each term depending on length to receive credit.

Grading Scale:

90-100% = A+/- 80-89% = B +/- 70-79% = C +/- 60-69% = D +/- 59 or below = F

### **Communication Plan**

Student Progress will be available on Infinite Campus. Individual teacher may be contacted by email.

## **Covid-19 Information**

All activities will follow COVID-19 guidelines. We will be participating in activities outdoors as much as possible to provide a safer learning environment. Please note, masks are currently only required while travelling in school vehicles. Activities and boundaries regarding COVID may vary as the year progresses. The key word will be Flexibility.