Highland Park Middle School

Physical Education Course Syllabus

Teachers – Mr. Steenberg, Mr. Auran

**1. Course Summary:**

P.E. meets district requirements that include fitness testing, team sports, individual sports, knowledge of rules and strategies, and reflecting of performance. Our district standards have an increased emphasis on fitness. As such, a large emphasis is placed on physical activity and staying active. Our department strives to have our students active for at least 90 percent of the class. Through the IB learner profile P.E. emphasizes these characteristics: communicators, principled, caring, and risk-takers. These specific elements of the IB learner profile address some of the key characteristics a successful student would have for P.E. To achieve our goals throughout the year we will use a variety of learning opportunities, including: small groups, teacher and student demonstration, individual, and large groups.

**2. Units of Study:**

 *Team sports/activities* – Soccer, football, baseball/softball, ultimate Frisbee, basketball, volleyball, speedball, hockey, and nitroball.

 *Individual sports/activities* – Fitness, track, badminton, pickleball, table tennis, bowling, golf, and disc golf.

**3. Standards and IB MYP aims:**

 *Standards* – A list our P.E.’s standards and benchmarks can be found at this link: http://www.shapeamerica.org/naspe/standards/nationalstandards/pestandards.cfm

 *IB MYP aims* - The aims of MYP physical and health education are to encourage and enable students to:

• use inquiry to explore physical and health education concepts

• participate effectively in a variety of contexts

• understand the value of physical activity

• achieve and maintain a healthy lifestyle

• collaborate and communicate effectively

• build positive relationships and demonstrate social responsibility

• reflect on their learning experiences

**4. Assessment**

 *HPMS assessment policy* - Highland uses 100% summative grading policy. This means that only tests, presentations, and student performances are included in their final grade. Formative assessments, such as daily work, will be used in class and they will appear on campus. However, they do not factor into the students final grade. The P.E. department does accept late work for all assignments and summative grades. However, because many of our assessments are movement and involve being physically active they cannot be made up during class. Much of what be made up must be done before or after school.

 *IB MYP assessments* - In this class, students will complete a variety of IB MYP assessments such as daily participation, performances, tests, fitness warm ups, and physical demonstrations during game play. Assessments like these give students a chance to show their understanding and skills, and in turn, these assessments give teachers useful information, which can be shared with students and families to help improve learning.

For IB assessments in this class, students are evaluated in four different areas with IB rubrics:

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| Criterion A | Knowing and Understanding | Students develop knowledge and understanding about health and physical activity in order to identify and solve problems. |
| Criterion B | Planning for Performance | Students through inquiry design, analyze, evaluate and perform a plan in order to improve performance in physical and health education. |
| Criterion C | Applying and Performing | Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.  |
| Criterion D | Reflecting and Improving Performance | Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.  |

IB MYP rubrics use an 8-point international scale, with 8 representing “excellent achievement” and 0-1 representing “limited achievement.”  These assessments will be converted to a standard A, B, C, D, N scale and the achievement level will appear on the rubric. Parents & guardians, please ask your student to share their rubrics with you.

**5. Additional Information**

 *Dress* – Changing for P.E. is optional. Locker rooms and additional time will be provided to those students that want to change. If the student does not want to change, their clothes must be appropriate for physical activity. Clothing and shoes are never an excuse to not participate.

 *Attitude* – The four IB learner profile characteristics listed in the course summary identify the attitude that will lead to a fun and successful year in P.E. This means our students will show great sportsmanship and participation throughout the year.

 *Warm up* – There will be a daily fitness warm up at the beginning of each class. The goal of the warm up is to increase the skills and physical abilities needed to perform on the fitness tests. This is an on going summative assessment.

 *Fitness Testing* – Students will be tested once a quarter on push-ups, sit-ups, sit and reach, pull ups or flexed arm hang, the pacer, and the mile. This is graded on the student’s performance.

Thank you and we are looking forward to a great year. Please contact us if you have any questions.

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