

# Montclair High School

## Course Syllabus

**Department: Physical Education**

**Course: 2017 – 2018 Physical Education**

**Level: 9<sup>th</sup> Grade**

**Credits: 3.75**

### **Course Description:**

This course focuses on freshman physical education fitness and introduction to individual and team sports. Physical Education refines skills that will enhance quality of life through a physically active and healthy lifestyle.

### **Standards:**

2.2 Integrated Skills

2.5 Motor Skill Development

2.6 Fitness

### **Teacher Contact Information:**

The best way to contact your child's PE teacher is via email. 973-509-4100

- [Ms. Aytch](#), ext: 4140
- [Mr. Martens](#), ext. 4139

### **Units of Study:**

Welcome to MHS Physical Education! During your freshmen year, PE will focus on lifetime fitness activities and making healthy choices as you transition into high school. Our intention is that all students leave the program with greater self-knowledge, improved physical fitness, kinesthetic awareness, foundational sport skills and concepts as well as an appreciation for the challenges and triumphs of being part of a team. Students will be exposed to a variety of individual and team building activities including; soccer, softball, badminton, tennis, floor hockey, basketball, bocce-ball, volleyball, kickball, ultimate frisbee, personal fitness, flag football and so much more.

### **Proficiencies:**

By the end of this course, students will:

- Investigate and apply the basic concepts and principles of lifetime physical fitness.
- Understand the five components of physical fitness with focus on cardiovascular fitness.

### **Evaluation & Assessment:**

#### COURSE REQUIREMENTS:

Preparation (40%): Bring a lock to secure your valuables. Athletic attire including; sneakers with laces, t-shirt and shorts or sweats must be worn to participate.

Participation (50%): All students are expected to be on time, be on task, follow all rules, engage in good sportsmanship, and remain active at all times during PE.

Skill Development (10%): Instructors will conduct ongoing written and performance based assessments of cognitive knowledge and kinesthetic progress.