

Physical Education

Mr. Hilty (email: e.hilty@iso.bf)
Gym/Field

Needs: ISO PE t-shirt (purchased in the office), athletic shorts or sweats, athletic shoes and socks.

Goals and Objectives:

1. Demonstrate competency in many movement forms.
2. Apply movement concepts and principles to the learning and development of motor skills.
3. Exhibit a physically active lifestyle.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity settings.
6. Demonstrate understanding and respect for differences among people in physical activity settings.
7. Understand that physical activity provides the opportunity for enjoyment, challenge, self expression, and social interaction.

Unit Topics:

1. Physical Fitness: stretching, strength, and cardio vascular endurance
2. Team Sports: Throwing activities (softball, basketball, handball)
3. Individual Sports: Throwing activities (shot put, discus, bowling, Frisbee golf)
4. Team Sports: Hitting activities (volleyball)
5. Team Sports: Kicking activities (soccer)
6. Team Sports: Stick activities (hockey)
7. Individual Sports: Racket activities (badminton, tennis, table tennis)
8. Individual Sports: Swimming
9. Strength Training: Weight Lifting

Assessment:

- Uniform – PE t-shirt, athletic shorts or sweats, athletic shoes and socks
- Participation – 100% effort in all activities
- Skill Improvement – rubrics, charting, teacher observation
- Performance – quizzes, journaling, vocabulary, rules discussions

Grading: Grades are weighted accordingly: Uniform 20%, Participation 30%, Skill Improvement 20%, and Performance 30%. ISO's grading scale: 100-90 A; 89-80 B; 79-70 C; 69-60 D.

Absences/Illness/Injuries: In cases of absence and/or illness students should submit a note from the parent/guardian identifying the cause of absence or illness. If a medical condition (such as an injury) keeps you from participating, a note from a parent needs to be given to the teacher on that day. Make-up time for missed days will be discussed with the teacher on an individual basis.

Student Behavior: Students are expected to respect the rights of others to learn, failing to do so will result in disciplinary action. (See ISO's Code of Conduct.)

Remember to always practice good sportsmanship!