

TEAM SPORTS I & II

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OBJECTIVES:

1. To increase the student’s level of physical fitness.
2. To promote health awareness and the key concepts which lead to a healthy lifestyle.
3. To provide an understanding of the rules and strategies of all the sports played.
4. To promote good sportsmanship.
5. To promote an understanding of each student’s individual differences.

CLASS EXPECTATIONS:

1. Dress out in proper physical education clothing and shoes required.
2. Effort and Participation graded and expected daily.
3. Following Physical Education rules and expectations.
4. Completion of all written work and reading assignments.
5. Attitude and ability to get along with others.
6. Passing of skills and written tests.
7. Attendance

DRESS REQUIREMENTS:

1. Proper Physical Education clothing and shoes to be worn at all times. (No Flip Flops/ dress shoes/ Slide on shoes)
2. Shorts must have a minimum inseam length of 5 inches and t-shirts must have sleeves.....no tank tops allowed.
3. All students, once changed out, will leave the locker room area and report directly to the gymnasium where attendance will be taken by your instructor. Students are NOT to hang out in the hallway!

SPORTS TO BE COVERED IN TEAM SPORTS:

1. Basketball
2. Volleyball
3. Flag Football
4. Soccer
5. Various Team Games

PHYSICAL EDUCATION MAKE-UP POLICY:

If a student is absent from class he/she will be required to write a one-page summary on any health or sport related article (nutrition, exercise, cancer, any team sport, etc.) to receive credit. The student may find the articles in magazines, newspapers, journals, or

internet. The article must be turned in with a one page summary to receive any credit. All assignments must be completed within one week of the absence.

WRITTEN & SKILLS GRADE: For each unit covered there will be test given over the skills covered in class, as well as testing over the rules, terminology, scoring and game strategies covered in class.

GRADING KEY:

80% = Dressing Out and Participating

20% = Assessments

100% Total

Semester and Final Exams are worth (1/5) of the final grade for this course.

PARTICIPATION GRADING KEY:

100 points = Dressed out in proper PE uniform and fully participating

75 points = Dressed out but not in proper PE uniform and fully participating

50 points = Not dressed out but fully participating

25 points = Absent, must write an article to receive credit

0 points = Not dressed out and Not participating/ Insubordination