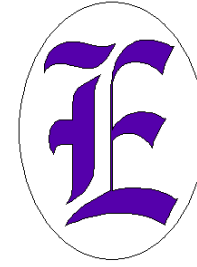




Ephrata High School  
Course Syllabus

Physical Education  
PE4  
5705



### *I. Course Description*

This Physical Education course will include team and individual sports, Cardio and Strength workouts in the Wellness Center, Fitness Activities, Cooperative Games, and fitness evaluation with pre and post test. This is a semester class that meets every day.

### *II. Materials & Equipment*

Fitness Room  
Wellness Center  
Gymnasium  
School Fields  
Various Skill Sport Equipment  
Classroom

### *III. Course Goals & Objectives*

Physical Education Goals:

1. To develop and maintain a high level of physical fitness.
2. To develop a variety of psychomotor skills.
3. To develop a knowledge and understanding of physical education.
4. To develop positive attitudes and behaviors.

Objectives:

- A. To encourage students to gain a knowledge and appreciation of the importance of a sound physical education program.
- B. To develop coordination, agility, balance, flexibility, and endurance taking into consideration the age, physique, maturity and physical condition of each student.
- C. To encourage good sportsmanship, cooperation, fair play, and friendliness in a group situation.
- D. To offer an up-to-date, varied program with the majority of students in mind.
- E. To develop a carry-over value in an effort to show a need to continue physical activity beyond the school years.
- F. To develop a relaxed, satisfying, enjoyable, and positive setting in which students can interact physically in a non-stressful situation.
- G. To provide a means by which students can develop a more competitive spirit, yet always within honest and sportsman-like boundaries.

#### *IV. Course Topics (Summary Outline)*

##### Units:

1. Flag Football/Sponge Ball
2. Ultimate Frisbee/Frisbee Golf
3. Speedball/Indoor Soccer/Team Handball
4. Floor Hockey/Street Hockey/Scooter Polo
5. Badminton
6. Volleyball/Basketball/Table Tennis
7. Fitness Testing
8. Cooperative Games

#### *V. Assignments & Grading*

##### Grading:

Point System – The student’s grade is based on a weighted scale, 50% is based on Preparation/Participation and 50% is based on various assessments throughout the semester.

The grading scale aligns with the districts grading policy.

##### Grading Scale:

A 93-100 A- 90-92

B+ 88-89 B 83-87 B- 80-82

C+ 78-79 C 73-77 C- 70-72

D+ 68-69 D 63-67 D- 60-62

F 0-59