

Mt. Everest Academy

## Subsidiary Course Agreement / Semester Syllabus

Course: **PE 7<sup>th</sup>**Number: 5501

Subject Teacher: \_\_\_\_\_

Student: \_\_\_\_\_

Grade: \_\_\_\_\_

**Description of Course:** Physical education is an integral part of the education program for all students. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. Students develop proficient movement; they expand their capabilities for independent learning; and they examine practices that allow sound decision making to enhance successful participation in movement activities. (California Physical Education Content Standards.)

**Directions:** Submit course work to supervising teacher on or before the monthly due date. Required work is detailed in this agreement and in monthly work list as distributed in study group and on-line. After assessing written submissions for attendance credit, the supervising teacher will give academic evaluation.

### Semester Content and Topics

California Physical Education Content Standards cover the following:

1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
3. Students assess and maintain a level of physical fitness to improve health and performance.
4. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
6. Students demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

### Objectives and Methods of Study

Student will complete and submit all four pieces as described below:

- A. Keep a detailed, dated log of your physical activities on the form provided. This form must be verified by a parent, coach or personal trainer to be accepted for credit.
- B. Assess in at least 100 words the effectiveness of your physical activities and your progress toward personal fitness goals. You will describe how well the plan worked, what parts worked the best, what needs to be changed, and your physical and psychological responses to your activities during and after exercise.
- C. Read, discuss, and complete assignments as provided that cover practices that allow for successful participation in health and fitness activities.

**Resources:**

Mt. Everest Academy Multimedia Lab; Weekly Study Group

**Due Dates:** See page one of Master Agreement and school website calendar.

**Evaluation criteria and methods:**

Academic grades will be based on the quality of work submitted on time according to directions and expectations above and on the monthly work lists. Written, oral and performance assessments will be included in the grade. Parent, teacher, coach or personal trainer tutor must monitor and check monthly work to be submitted for academic credit. Supervising teacher will assess all work submitted by deadline and will issue grades on a total point system. Work submitted after the due date cannot earn full credit.

“A” grade = Consistently superior work quality.

“B” grade = Above average work quality.

“C” grade = Satisfactory or average work quality.

“D” grade = Below average quality or quantity of work.

“F” grade = Failure, credit not granted.

“I” grade= Incomplete course work. Six weeks allowed for make-up

“NC” = No credit.

Subject Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

Supervising Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

**•ESLRS (Expected School-wide Learning Results):**

Communicate effectively through reading, writing, listening and speaking.

Think and solve problems independently and critically.

Demonstrate the confidence, resilience, and self-esteem to succeed in life.

Use resources, including technology, to locate needed information.

Demonstrate good citizenship and personal integrity.

