

**Pine Ridge High School
Team Sports Syllabus
Instructor: Stevenson**

COURSE OBJECTIVES

1. Demonstrate the ability to perform and work for each activity.
2. Explain and describe specific rules for each sport.
3. Explain and describe the strategies involved in each sport.
4. Apply and demonstrate safety practices.
5. Describe the system of scoring and officiating for each sport.
6. Perform stretching exercises applicable to each sport.
7. Demonstrate and practice proper sportsmanship, good social conduct and fair play.
8. Identify skills and health related components of physical fitness enhanced by participation in each sport.
9. Describe and demonstrate proper warm-up and cool-down procedures for each sport.
10. Attend class in the proper attire as stated and described by the PRHS Physical Education Department.

EXPECTATIONS

1. Dress out in appropriate gym clothes daily.
2. The locker rooms are the only area where students will be permitted to dress out/in.
3. Food, gum, and drinks are not permitted in the weight room, gym or activity areas.
4. At the end of class, students will dress in and stay in the locker rooms until the bell ring.
5. Cell phones are not permitted or visible in the weight room, gym, locker rooms or activity areas.

CLASSROOM/HOMEWORK ASSIGNMENTS

Assignments will be required for this course. The assignments will include reading assignments and worksheets. No late articles will be accepted.

ESOL STRATEGIES USED:

Use of gestures, facial expressions, and body language. Role play: The students can demonstrate skills by role-play with other students.

ABSENCES

All absences will average in as a ZERO. To make up and receive credit for an absence, you must schedule a time after school to make up the daily lift or to complete either 11 laps in the gym or 2 laps around the track at any pace you choose. You must be dressed out to complete make-up work, and it must be completed prior to the end of the nine weeks.

If the absence is due to a physically disabling injury, a modified make-up activity will be assigned.

Students will be assigned a specific seat for roll call. Missing roll could result in the student being marked absent. Be sure to be on time and in the proper seat!

EVALUATION

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| 1. Dressing out & Active participation | 40% |
| 2. Daily Skill Assessments, Class Assignments & Exams | 60% |