

Physical Education Syllabus
9th Grade

9th grade Physical Education will meet everyday for a semester. The units that will be taught and explored throughout the semester are as follows:

1. Physical Fitness (3 week unit of its own and then integrated into each unit after that).
2. Fitness Test (3 days)

- * Maximum Push Ups 1 minute
- * Maximum Sit Ups 1 minute
- * Flexed Arm Hang
- * 1 Mile Run

3. Volleyball (4 weeks)

Demonstrate the following skills:

- * Bump
- * Set
- * Serve
- * Receive serve

Demonstrate knowledge and understanding of basic rules of Volleyball by passing Unit Quiz with a grade of 80% or better.

4. Basketball (4 weeks)

Demonstrate the following skills:

- * Dribbling
 - left and right handed
- * Passing
 - Chest
 - Bounce
 - Overhand
- * Shooting
 - Jump shot
 - Lay-Up

Demonstrate knowledge and understanding of basic rules of Basketball by passing Unit Quiz with a grade of 80% or better.

5. Indoor Soccer (4 weeks)

Demonstrate the following skills:

- * Kicking
- * Dribbling
- * Passing
- * Trapping
- * Tackling

Demonstrate knowledge and understanding of basic rules of Indoor Soccer by passing Unit Quiz with a grade of 80% or better.

Grading is based on:

1. Daily participation
2. Effort
3. Sportsmanship
4. Proper footwear
5. Unit Quizzes

There will be a possible 5 points earned each day.

Three Unit Quizzes worth 25 points each.

A. Students are expected to come to class, participate and contribute to his/her team. Participation, effort, good sportsmanship and proper care of equipment will earn the maximum points per day.

B. If a student comes to class without proper shoes (proper shoe = shoes that are not open toed, do not have heels, and are non-marking) then he/she will not be allowed to participate and will not receive the daily points for that day.

C. Unacceptable effort (breaks game rules or expectations intentionally), poor sportsmanship (negative towards others, quits on team, argues with others), or improper care of equipment will result in a deduction of up to 5 points per day.