



COURSE OVERVIEW

Course Title: PE

Teacher: Coach Padgett

Contact Information:

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The best time to reach me is: Anytime via email. I check it and respond daily.

Course Overview

This PE class is designed to practice and develop skills in activities that will help you maintain fitness throughout your life. During the year, you will set and monitor personal fitness goals that will aid in the development of a personal fitness plan. We will explore fitness activities designed to improve all areas of fitness. Our goal is that by the end of the year is you will have the knowledge and rules of many different physical games that will enable you to have fun and stay healthy.

Goals

To cultivate a passion for fitness and health while having fun, playing games and learning how to work together as a team.

Week-by-Week Overview

Semester I	Semester II
Week 1 – Hydration & Hygiene	Week 19 – Kickball History / Rules Part 1
Week 2 – Stretching	Week 20 – Kickball History / Rules Part 2
Week 3 – Sun Protection	Week 21 – Baseball History / Rules Part 1
Week 4 – Football History / Rules Part 1	Week 22 – Baseball History / Rules Part 2
Week 5 – Football History / Rules Part 2	Week 23 – Cornhole History / Rules
Week 6 – Volleyball History / Rules Part 1	Week 24 – Basketball History / Rules Part 1
Week 7 – Volleyball History / Rules Part 2	Week 25 – Basketball History / Rules Part 2
Week 8 – Soccer History / Rules Part 1	Week 26 – Review Kickball, Baseball, Cornhole and Basketball – Game Day
Week 9 – Soccer History / Rules Part 2	Week 27 – Relay Races Days – Rules and Games
Week 10 – Review Hydration, Hygiene, Stretching, Sun Protection, Football, Volleyball, Soccer – Game Day	Week 28 – Healthy and Unhealthy Hydration
Week 11 – Dodgeball History / Rules Part 1	Week 29 – Basic First Aid Part 1
Week 12 – Dodgeball History / Rules Part 2	Week 30 – Basic First Aid Part 2
Week 13 – Stretching Part 1	Week 31 – Plyometrics Part 1
Week 14 – Stretching Part 2	Week 32 – Plyometrics Part 2
Week 15 – Healthy Eating	Week 33 – Ab Workout
Week 16 – How to Read Nutrition Labels	Week 34 – Cardio Day
Week 17 – Healthy Portion Sizes	Week 35 – Course Review Day
Week 18 – Review Dodgeball, Stretching, Healthy Eating, Nutrition Labels and Healthy Portion Sizes – Game Day	Week 36 – End of Year Activities – Game Day – Students will help decide what we do!

Supplies Needed for this Course

Deodorant, Yoga Mat, Water Bottle, Notebook, Pencil

The Classroom:

Students must wear deodorant, bring a yoga mat, water bottle, notebook and pencil to class every week. If items are missing it will result in a lower grade for the week.

At Home:

Notebook – We call it the Movement Log. They will take notes, track their water intake and movement for at least three activities. This log must be signed off by a parent each week prior to coming back to class.

How to Get an ‘A’ in this Class:

Come to class with all your supplies (wear deodorant, bring yoga mat, water bottle, movement log and pencil). Wear closed toed shoes only. No Crocs or shoes with a high heel. Complete your movement log each week and have your parent sign off. Bring completed assignment (if one was given) to class and be prepared to share. Participate in class discussions, activities and games.

Extra Credit

There will be one opportunity each 9 weeks for extra credit. It will be announced with 2 weeks to complete it. Late extra credit will not be accepted. Copying from a friend or another student will not be accepted.

Absence and Late Work Policies

See your Partnership Agreement for these policies. I WILL NOT accept any homework that is over 2 class periods late unless it has been worked out prior with me. There are no exceptions to this rule! You must text, email or speak to me to work out a new assignment date for sickness, vacations or any other reasons for missing class.

Expectations

You may expect the Teacher to:

- Be prepared, on time and fair in the classroom.
- Respond to phone or email messages within 24 hours.
- Be available for conferences or discussions per appointment.
- Work hard to see every student succeed.
- Be available by text or email to answer questions or concerns.

I will expect the Parents to:

- Be aware of the current assignments for their students.
- Oversee the work at home making sure that students complete the assignments.
- Provide the materials the students need to be successful in this class.
- Proctor the Take-Home Tests, signing and sealing them to be returned to class
- Contact the teacher if there are any problems ASAP
- Check grades every week to see how their child is doing! This is IMPERATIVE. I do not put grades on student's work; I post them to this site with notes. You will need to check this often to make sure your child is getting good grades and to communicate with me.

I will expect the Student to:

- Be polite and have good manners at all times! (See the Code of Conduct)
- Keep current with all assignments.
- Do all of their own work with honesty and integrity
- Ask questions and ask for help when they need it.
- ALWAYS be prepared for class, that includes course material, paper, and writing utensils.