

Trinity Christian Academy

9<sup>th</sup> grade Physical Education

Mr. B. Schans

2018/2019

Course Syllabus

### Course Description

The objective of Physical Education is to learn what it means to be a healthy and active person. The students will be able to demonstrate the ability to throw, catch, and kick throughout various games. The students will perform stretching, running, various fitness and agility exercises in addition to playing sports, in order to improve their ability to participate at higher levels of skill throughout the year. Sportsmanship is an integral part of Physical Education as well, and students will be learning how to practice good sportsmanship throughout the year by discussing different ideas and themes at the beginning of each class period.

### Major Topics

The major sports that we will learn and play in Physical Education are Volleyball, Basketball, Soccer, Flag Football, Ultimate Frisbee, and Baseball. Fitness testing will be a regular part of the overall schedule as well.

### Materials Needed

Physical Education materials – PE uniform and athletic shoes

### Behavior Expectations

- Enter and exit gym in an orderly manner.
- Respect everyone in the class.
- Actively participate in all PE sports and activities.

### Grading

Four different components make up a student's daily assessment. They are participation, wearing one's PE uniform, proper behavior, and demonstrating good sportsmanship.

### Communication

Please contact me via email at [schans.ben@tcamail.org](mailto:schans.ben@tcamail.org)