



## *Physical Education Class*

Space Coast Christian Academy, 2018-2019

Instructor: Aaron Birge

### **COURSE DESCRIPTION (135 hours)**

Physical Education classes are designed to practice and develop skills in activities that will help students maintain fitness throughout their life. Early in the fall students fitness levels will be assessed in the following areas: cardiovascular endurance, flexibility, muscular strength and muscular endurance. From these assessments we will develop a baseline in which we will use to set personal fitness goals. We will explore fitness activities designed to improve all areas of fitness. Our goal is that by the end of the year students will improve their scores on their baseline fitness tests through regular cardiovascular endurance training, muscular endurance training, and activities designed to increase current levels of fitness. Students will be introduced to life-long activities designed to increase their likelihood of exercising in the future. Students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health.

### **COURSE OUTLINE**

- Assess personal fitness levels using FitnessGram Testing Standards
- Set realistic personal fitness goals
- Identify fitness components and understand how those fitness components are essential to a balanced and well rounded fitness plan
- Develop individual skills associated with teamwork, problem solving and leadership
- Complete fitness testing throughout the year

### **POSSIBLE ACTIVITIES**

Touch Football, Soccer, Fitness testing, Speedball, Ultimate Ball, Badminton, Volleyball, Basketball, Floor Hockey, Recreation Games, Softball, Sit-ups, Push-ups, Planks, Etc.

## GRADING

- Participation (50%) – Students will earn 10 points per day based on individual participation
- Daily Responsibility (25%) – Students are expected to be appropriately dressed in exercise attire, on time, and with all classroom materials.
- Fitness/Skills Tests (25%)- Students will be graded based upon the fitness gram standards for each of the fitness tests taken. Students will also be graded based upon demonstration of skills related to the sport or exercise taught.