

Stanberry R-II School District

Coed Physical Education

Time: 7th Period

Instructor: Shane Hilton

Office Hours: 4th

Course Description:

The main focus for this class is to promote proper student fitness for the present and the future. The student will participate in multiple activities and exercises that improve the student's fitness level in several areas. Strength, agility, flexibility, sports skills and knowledge, and positive social skills are some of the main areas of focus.

Objective:

The main objective of this course is to provide the student with the necessary skills to promote lifelong fitness, and well being. These skills will be learned throughout the course during the various activities and exercises that the student will participate in.

1. The student will demonstrate an understanding of the skills they have learned, including games, activities, exercises, etc.
2. The student will attain knowledge that will allow them to live a full and healthy life.
3. The student will show the ability to interact with their classmates.
*The student will demonstrate an attitude that will help create a positive and healthy classroom environment.

Evaluation

Participation =45%
Proper attire =45%
Tests & Quizzes = 10%

*Students will be docked a letter grade for each unit not passed

Grading Scale

90-100% =A
80-89% =B
70-79% =C
60-69% =D
59 or lower =F

