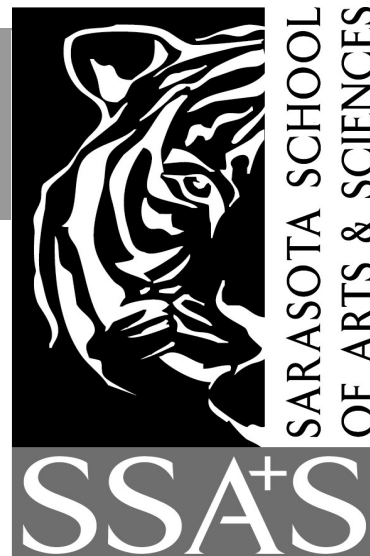


**COACH
NELSEN**

Cambridge IGCSE Physical Education



COURSE OVERVIEW

Students will be able to:

- ⇒ Develop their knowledge and understanding of the theory underpinning physical performance in a modern world
- ⇒ Use and apply this knowledge and understanding to improve performance
- ⇒ Perform in a range of physical activities, developing skills and techniques, and selecting and using tactics, strategies
- ⇒ Understand and appreciate safe practice in physical activity and sport as well as the benefits for health, fitness and well-being
- ⇒ Gain a sound basis for further study in the field of Physical Education.

ASSESSMENT

Grades will be available in the ESD Portal—students and parents should have their own individual log ins and should check grades at least once a week.



ASSESSMENT OBJECTIVES as a PERCENTAGE

AO1-Demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity/sport (25%)—Classwork: Handouts, Reflection Logs, Worksheets, etc.

AO2-Apply knowledge and understanding of the theoretical principles to a variety of physical activities/sports, including the analysis and evaluation of performance (25%)—Assessments: Application, Quizzes, Tests

AO3-Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities (50%)—Participation: Dressing Out, Bellwork, Participation and Performance in Activities

CLASS MATERIALS:

- PE UNIFORM
(Grey T, black logo)
(Black shorts, with white logo)
**SSAS Hoodie and plain black sweatpants are allowed on days where the temperature is below 65 degrees*
- Tennis Shoes w/ Laces
- Clear Plastic Water Bottle
- Deodorant
- TEXTBOOK
- NOTEBOOK
- FOLDER w/ PRONGS
- PENCIL/PEN

****Please notify teacher if student has any medical condition that may hinder participating in physical activity (ie: asthma—needs inhaler; allergic to bee stings—needs Epi-pen).**

HOW TO REACH ME:

- Hollienelsen@ssas.org
- (941) 330-1855 ext. 1110

Keep this in your class folder.

CLASS CONTENT:

Students should be able to show an understanding of the learning objectives and apply their knowledge and understanding of the content to physical activities

Quarterly Breakdown:

Quarter 1—Topics (Anatomy and Physiology)

Physical Activity (Badminton)

Quarter 2—Topics (Health, Fitness and Training)

Physical Activity (Basketball)

Quarter 3—Topics (Skill acquisition and psychology)

Physical Activity (Cross-Country Running)

Quarter 4—Topics (Social, cultural and ethical influences)

Physical Activity (TBD)



Engage, Enlighten, Empower

Other Info:

- ⇒ Students will be leaving campus during the week to do activities at Pioneer and Gillespie Parks.
- ⇒ Please put student's name/initials on ALL uniform items....They all look the same!
- ⇒ Please keep a spare PE uniform and tennis shoes in school locker to avoid negative consequences..

LOCKERS

Students are assigned a locker to use during the class period. All students are encouraged to use a locker. Items lost, stolen, or damaged are not the responsibility of SSA+S.

P.E. Exemptions:

If a student is ill or injured, **PLEASE PROVIDE STUDENT WITH A WRITTEN EXCUSE.** (1-2 days)

If a student will not be able to participate in physical activity for longer than 1-2 days, **PLEASE PROVIDE A DOCTOR'S NOTE** with a **RETURN TO ACTIVITY DATE.**

Weekly Class Location Schedule:

Monday-Classroom

Tuesday-Classroom

Wednesday-TBD

Thursday-Gym, Field, Park

Friday-Gym, Field,



Give Me Five:

1. Eyes on Speaker
2. Quiet
3. Be Still
4. Hands Free
5. Listen



PROCEDURES, PROCEDURES, PROCEDURES

- Enter locker room quietly and get changed quickly.
- Put all personal items in your locker.
- Use the restroom/get a drink.
- Report to your assigned roll call seat.
- **IF YOU DO NOT HAVE YOUR UNIFORM OR TENNIS SHOES:**
- Pick up a writing assignment and begin working on it.
- Do not talk with other students.
- Turn in writing assignment at the end of class. (*behavior essay if not completed at the end of class*)
- 1st and 2nd offenses=No Dressout Writing Assignment
- 3rd offense=Behavior Essay to be completed in class with email home
- 4th offense or more=Referred to Mr. Leach with email home

RULES & CONSEQUENCES

Rules

- Show respect to teachers, students, and other's property.
- Follow all directions.
- Raise your hand to be called upon.
- Be prepared to exercise every day.

Consequences

1. Warning (silent look or verbal)
2. Write the Rules of the Gym
3. Behavior Essay w/ email home
4. Referred to Mr. Leach w/ email home
5. County Referral

RESTROOM/ DRINKS

- ◇ **SHOULD BE TAKEN CARE OF BEFORE AND AFTER CLASS, WHEN IN THE LOCKEROOM**
- ◇ **STUDENTS MUST HAVE PERMISSION TO LEAVE THE ACTIVITY TO GET DRINKS/USE RESTROOM**
- ◇ **STUDENTS WHO HAVE A WATER BOTTLE MAY KEEP IT WITH THEM DURING THE ACTIVITY**



Contract and Information Sheet

Student Name: _____ Class Period: _____

I, _____, *have thoroughly read, understand and accept the expectations set forth for success in this classroom. My parent(s)/guardian(s) have also read, understood and accepted the terms set forth.*

Student Signature

Date: _____

Parent/Guardian Signature

Date: _____

These expectations are due by Friday. This will be due at the beginning of class for a homework grade and must contain both a parent/guardian and student signature.