

Fall Sports

Trimester One 2019

Instructor: Ms. Coonrod

Credits: .5

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Best Time to Contact: 7:15am-7:45am or 3:00pm-3:30pm

What is Fall Sports?

This course is designed for students who enjoy team sports in an intramural sports setting. Students will assess their personal physical fitness levels, set goals, and work toward those goals while participating in team sports activities.

The goal of the Physical Education is to develop "physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities;
- Knows the implications and the benefits of involvement in various types of physical activities;
- Participates regularly in physical activity;
- Is physically fit;
- Values physical activity and its contributions to a healthful lifestyle."

Things We Might Explore:

Soccer
Volleyball
Football
Team Handball
Fitness Testing
Wall Ball
Others?

What do I need?

Tennis shoes (no sandals or boots)

Water bottle (not required)

Change of clothes (not required)

- You may change before PE in the bathroom directly outside the gym, but you are not required to do so.

State Standards:

1. Demonstrate competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness
4. Exhibit responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

How Do I Earn My Grade?

70% Participation
30% Skills

Participation:

You will receive a participation grade for each unit. This is based on your effort, willingness to try new things, kindness, and behavior. If you try your best during all activities, you will earn all your participation points. Total number of participation points for each unit are dependent on the number of days in the unit.

Skills:

You will receive a skill grade for each unit. This is based on your ability to perform the benchmarks outlined by the Minnesota State Standards.

Grade Scale:

A+	100%
A	99% - 93%
A-	92% - 90%
B+	89% - 88%
B	87% - 83%
B-	82% - 80%
C+	79% - 78%
C	77% - 73%
C-	72% - 70%
D+	69% - 68%
D	67% - 63%
D-	62% - 60%
F	59% and below

Where Can I Find More Information?

Any additional information you may need can be found on my webpage. You can find my webpage by following these steps:

1. Go to AFSA's home page:
<https://www.afsahighschool.com/Page/1>
2. Hover over "Academics"
3. Click "AFSA High School"
4. Click on "Health and Physical Education Department"
5. Find additional information you may need

Classroom Expectations:

All my students are STARS! They.....

- Stay on task and put Safety first**
- Try their best**
- Actively participate**
- Respect all people and things**
- Show good Sportsmanship**

I have read the Fall Sports syllabus and will contact Ms. Coonrod with any questions throughout the trimester.

Student Signature: _____ Date: _____ Student Name: _____

Guardian Signature: _____ Date: _____ Guardian Name: _____