



Radnor High School Course Syllabus



Ninth Grade Physical Education

I. Course Description

Students are required to take one semester of swimming and one semester of regular Physical Education. There are approximately 18 weeks in a semester, and the students meet 4 times during a two-week period. The regular ninth grade Physical Education focus is on teamwork, problem solving, conflict resolution as well as fitness. They will receive an introduction to weight training and learn key concepts of health related fitness.

II. Materials & Equipment

All students are required to wear the appropriate Radnor High School Physical Education uniforms or a one-piece dark bathing suit in the pool environment. All Physical Education classes use a variety of materials and equipment necessary for safe implementation of said activity. The pool, weight-room, wrestling room, gymnasiums, track, fields, tennis courts, and turf fields allow Radnor to offer diverse programming.

III. Course Goals & Objectives

As an integral part of the total education program, Physical Education is designed to promote growth, health, and development of each individual physically, mentally, and socially.

Students should:

- Develop an understanding of the role of knowledge and personal responsibility in fostering a commitment to personal health and well being.
 - Develop an understanding of the components of health-related physical fitness and their relationship to personal health and well being.
 - Develop or enhance physical fitness or lifetime sport psychomotor skills.
- 1. Achieve his/her highest level of competency in movement skills.**
 - 2. Understand and apply movement concepts and principles to the learning and development of movement skills.**
 - 3. Understand the cost and benefits of participating regularly in health-enhancing physical activities.**
 - 4. Demonstrate responsible personal and social behavior in physical activity settings.**
 - 5. Understand and learn to respect differences among people in physical activity settings.**
 - 6. Understand that physical activity provides an opportunity for enjoyment, challenge, self-expression, and social interaction.**

In the pool environment, students will focus primarily on stroke development. They will learn the four competitive strokes as well as the two recreational strokes (elementary backstroke and sidestroke) through systemic progression. In addition students will be introduced to the fundamentals of jumping and diving. Students will be taught survival techniques to gain confidence to survive in a water environment under duress situations.

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Outside of the pool environment, students will be exposed to many physical activities that foster positive communication, team-building, physical fitness, self-challenge and positive social interactions. Personal fitness assessments will give each student the chance to understand and improve upon current fitness levels.

IV. Course Topics (Summary Outline)

Many activities are used to meet course goals, and objectives. The following activities may be used in the ninth-grade swimming curriculum.

- Swimming safety
- Four competitive strokes
- Turns/starts
- Two recreational strokes
- Jumps/dives
- Fitness games
- Survival techniques

Physical Education activities outside of the pool environment may include the following activities:

- Adventure activities
- Cooperative games
- Introduction to fitness
- Fitness assessments
- Cardiovascular fitness
- Circuit training
- Step aerobics
- Dance
- Field Hockey
- Football
- Speedball
- Soccer
- Ultimate Frisbee
- Softball
- Basketball
- Handball
- Volleyball
- Floor Hockey
- Cricket

Modified 9/18/2008

V. Assignments & Grading

This course works to develop a physically educated, responsible and caring young adult. It is

through our assessment policy that students will not only be accountable for their performance during class, but in the manner they conduct themselves as well. The assessment procedure is based on the acronym P.E.A.K.S. that defines student expectations with regard to Preparation, Effort, Attitude, Knowledge, and Skills.

Physical Education Rubric

		4	3	2	1	0
P	Preparation	Fully Dressed On Time (Gym uniform and sneakers)	Fully Dressed Late	Athletic Clothing On Time	Street Clothes and Sneakers	No Sneakers No Uniform
E	Effort	Exemplary Consistently challenges self in an appropriate and safe manner.	Strong Frequently seeks to challenge self in an appropriate and safe manner..	Inconsistent Sometimes seeks to challenge self in an appropriate and safe manner.	Weak Lacks Motivation Does little or nothing	Unacceptable Does not participate
A	Attitude	Always respectful of the rights, property, and opinions of others	Usually respectful of the rights, property, and opinions of others.	Sometimes respectful of the rights, property, and opinions of others.	Seldom respectful of the rights, property, and opinions of others.	Shows disrespe for the rights, property or opinion of other
K	Knowledge	Always demonstrates appropriate application of skills	Consistently demonstrates appropriate application of skills	Sometimes demonstrates appropriate application of skills	Seldom demonstrates appropriate application of skills	Rarely demonstrates appropriate application of skills
S	Skills	Always demonstrates correct mechanics of skills	Consistently demonstrates correct mechanics of skills	Sometimes demonstrates correct mechanics of skills	Seldom demonstrates correct mechanics of skills	Does not demonstrates correct mechanics of skills

Modified 9/18/2008