

# Providence Career & Technical Academy

Physical Education & Health

## Syllabus

**Instructor Name:** Michelle Rawcliffe, Daniel Gallant, Joao Santos **Time Frame:** 2023-2024

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### **Course Description:** Physical Education & Health

This course is built to provide every physical education and health student with knowledge & skills that will help them to maintain a healthy and physically active lifestyle. In doing so, students should also increase in their academic and physical achievements.

### **Common Core Standards Addressed:**

1. Students will demonstrate competency in many movement forms and proficiency in a few movements.
2. Students will apply movement concepts and principles to the learning and development of motor skills.
3. Students will understand the implications of and benefits from involvement in physical activity.
4. Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
5. Students will demonstrate responsible personal and social behavior in physical activity settings.
6. Students will understand that internal and external environments influence physical activity.

### **Possible Textbooks, Reading and Supplementary Materials:**

Spark Curriculum 9-12

Foundations of Personal Fitness

Everfi.com

Comprehensive Health Skills for High School

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### Assignment and Examination Schedule:

<b>Assignment</b>	<b>Date</b>
<b>Fitness Testing</b>	<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Semester</b>
<b>Written Team Sports Assessments</b>	<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Semester</b>
<b>Individual Sports Assessments</b>	<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Semester</b>
<b>Fitness Workout Sheets</b>	<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Semester</b>
<b>Cardio Days</b>	<b>Schedule Rotation</b>

**Grading Policy:** We encourage all students to come to class prepared and participate in all class activities. However, in an effort to measure student's success the following Grading Policy will apply,

**60% Participation Assessment (As graded by the participation rubric)**

**20% Cardio Assessment (Mile Run Times and Pacer Test Scores as graded by Rubric)**

**10% Fitness Forms Assessment (Weight Room)**

**10% Written Assessment (Team and Individual Sports, Written and Skills)**

### Expectations:

#### RTI Plan

1. The physical education and health department will meet once a month to discuss potential students who are "at risk" category. The "at risk" category is defined as any freshman, sophomore, junior, or senior student missing more than 4 days in one quarter which equates to 1/3 of the quarter missed. This would also apply to any student who has less than a 60 average in physical education and health.

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- 2. Once “at risk” students have been identified we will fill out an Early Warning System Form “EWS”. The form will be sent to guidance and if it applies the student’s special education teacher. We will review the form with the student so that they are aware they are “at risk” and what they can do to bring their grades up.**
  
- 3. We will contact the parent/guardian via phone, zoom, or in person to discuss why the student is “at risk” and what can be done to bring them out of this category.**
  
- 4. If progress is not made, we will schedule a meeting with the RTI team to discuss further actions to create a comprehensive plan for the student’s to succeed.**