



## Individual & Team Sports Course Syllabus

**Course Description:** Students will experience a variety of coed sports to develop strength, speed, agility, balance, coordination, flexibility, muscular endurance, cognitive thinking skills, strategies and rules of games. Students will be expected to perform basic skills and complete written assignments.

**Attendance:** Students are required to be in school every day. Students are responsible for communicating with their teachers to make up for missed learning.

### Essential Skills:

1. Lifelong Wellness
2. Fitness Testing
3. Social Emotional Learning
4. Decision Making and Performance in Class

**Course Expectations:** Although not everything is graded, everything is important. In order to demonstrate growth and learning, students will need to:

1. Participate in class activities (complete the warm up and actively participate in individual and team activities without distractions (cell phones, games, etc.)
2. Use morning time and the teacher to seek help outside of class when needed.
3. Complete all assessments within teacher timelines.
4. Demonstrate knowledge of units through practice and games (tournament play, crossword puzzles, final exam)

### Grading

**Learning (Practice)** includes instructional activities in and outside of class and are not used in grade determination.

**Skyward Assessment (Grades)** may include quizzes, labs, learning checks, tests, speeches, performances, and projects.

Final Grade	
A	100% - 90%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	0% - 59%

## Calculations:

Final Grade Calculation	
Cumulative Grade	<b>95%</b>
Final Exam(s)	<b>5%</b>

## Central High School Courses:

- Will determine grades based on student performance and growth.
- Will not include practice and behavior in grade determination.
- Will give all students regardless of absence an opportunity to demonstrate learning.
- Will not include extra credit.

**Instructional Resources:** Canvas, Crossword Puzzles

**Course Calendar/Pacing:** Please note that some units are subject to change due to space issues and the weather.

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<b>Team Sports</b>							<b>Recreational Unit</b>							<b>Fitness Testing</b>						
<b>Net Games</b>							<b>Introduction Items</b>							<b>Professional Development</b>						
<b>All PE Game Day</b>							<b>Field Trip</b>							<b>Semester Exams</b>						