

# Quantico Middle/High School

## Course Syllabus

**Course Title:** Physical Ed 8AB

**Major Concepts/Content:** This semester or yearlong course is designed to fully enable eighth grade students to develop movement skills and conceptual knowledge and attitudes related to the physical education needs of the adolescent. Developmentally appropriate concepts of physical fitness and personal and social development are included in this course. Students apply appropriate physical activity and fitness concepts and attitudes to the development of a health-enhancing level of physical fitness. They demonstrate responsible and safe behavior applying appropriate concepts and attitudes to personal and social development.

**Major Instructional Activities:** This course extends the depth and variety of instructional activities offered to further develop students' movement and physical fitness. Students participate in a variety of modified sports, rhythmic/dance, physical fitness, and other physical activities. Applications of concepts, thinking skills, and positive attitudes to movement and physical fitness are featured. A focus on supporting meaningful and appropriate inclusion of those with disabilities in physical activities is emphasized in this course.

**Contact Information:**

Phone: (703) 784-0304

Email: [qhs\\_webmaster@ddess.org](mailto:qhs_webmaster@ddess.org) (Messages sent to this address will be forwarded to the teacher.)

Fax: (703) 784-4851

**Philosophy:** To develop overall fitness as well as develop fundamental skills, knowledge, safety, teamwork and strategies within various team and individual sports and activities.

**Materials:** Appropriate P.E. attire as directed in P.E. rules and regulations.

**Grading Policy:** 10 points are possible for each class period. Criteria include proper dress, participation and attitude. Points from each class will be added and then averaged for a quarterly 9 week grade.

**QM/HS Grading Scale:**

A = 94-100

B = 87-93

C = 76-86

D = 70-75

F = 69 or below

**Assessment:** Dressing out, proper conduct, positive attitude and participation during all activities are the assessment criteria.

**Homework:** May be required when necessary for review of rules, safety, etc.

**Late Work Policy:** Instructor is available after school from Tuesday to Friday for any make-up activity or test when appropriate or required.

**DoDEA Curriculum Standards can be found at**

[http://www.odedodea.edu/instruction/curriculum/DoDEA\\_Content\\_Stand.htm](http://www.odedodea.edu/instruction/curriculum/DoDEA_Content_Stand.htm)

