



Rosemount High School STANDARDS & PROCEDURES

Department or Subject:	Physical Education
Teacher(s):	G. Spiliotakis/P. Coriolan
School Year:	2024-2025

Course Description:

Students are expected to fully participate in Physical Education classes. This includes being changed into Proper athletic gear (T-shirt, shorts or sweatpants and running shoes). Students will learn the basic skills required to play every sport covered through the year and will be tested on these basic skills during each unit. Students will also be evaluated on their game play as well as strategy used and cooperation with peers. Additionally, students will be made aware of the importance of exercise and living a healthy lifestyle with the “Healthy body – Healthy mind” approach. Evaluation on uniform and attitude may also be implemented in the students work.

Term 1 (20%)		
Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
1. Students will be able to handle a volleyball by properly bumping, serving, volleying and spiking. 2. Students will be able to understand the rules of volleyball.	- Individually evaluated on the bump volley and serve while stationary and in a game situation. - Gameplay evaluation during mini games and official games.	<u>End of Term:</u> November 8 th <ul style="list-style-type: none"> • Progress Reports: October 7 • 1st Report Card: November 20th
Communication to Students and Parents (e.g., note home, website, agenda, report cards) <ul style="list-style-type: none"> ✓ Progress Reports ✓ Report Card ✓ Parent Teacher Interviews (November 28th) ✓ E-mail or phone call 	Materials Required Proper athletic gear (T-shirt, shorts or sweatpants and running shoes).	

Term 2 (20%)		
Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
<p>1. Students will be able to successfully free throw a basketball with proper mechanics.</p> <p>2. Students will be able to successfully complete a lay up.</p> <p>3. Students will be able to organize 3v3 and 4v4 basketball mini tournaments with the ability to referee themselves.</p> <p>*Leadership Classes. Weight Room introduction/Referring instruction Students will be introduced to the exercise room. With instruction on all equipment and how to properly work out. Students will be taught how to referee soccer and other sports they played in their physical education classes</p>	<p>-Individually evaluated on free throwing, lay-ups and game play.</p> <p>-Game play evaluation done in tournaments.</p> <p>- General knowledge of rules and regulations of basketball will be evaluated in competitive game settings.</p>	<p><u>End of Term:</u> February 7th</p> <p>2nd Report Card: February 18th</p>
<p>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</p> <ul style="list-style-type: none"> ✓ Report Card ✓ Parent Teacher Interviews (February 20th) ✓ E-mail or phone call 	<p>Materials Required</p> <p>Proper athletic gear (T-shirt, shorts or sweatpants and running shoes).</p>	
Term 3 (60%)		
Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
<p>1. Students will be able to participate in ultimate frisbee, various team sports, and badminton games.</p> <p>2. Apply the rules to all 3 sports in game setting.</p> <p>* Leadership Students (in groups) will be asked to pick a sport or game, and present/teach to their fellow students</p>	<ul style="list-style-type: none"> - Badminton short and Long serves - Frisbee throw, and catch (stationary and mobile) - Game and rules of all three units. - Gameplay for all 3 sports 	<p>End of Term: June 20th</p> <p>Final Report Card: June 26th</p>
<p>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</p> <ul style="list-style-type: none"> ✓ Report Card ✓ E-mail or phone call 	<p>End of Year Evaluation (e.g., complementary exam, uniform exam, etc.)</p>	<p>Materials required</p> <p>Proper athletic gear (T-shirt, shorts or sweatpants and running shoes).</p>