

Physical education

I. Course Description

The goal of the Biloxi High School physical education classes is to introduce and teach the basic fundamentals of various individual and team related activities; as well as health and fitness activities. Our staff of coaches possess knowledge to teach sport skills and the measures to maintain an active lifestyle.

II. Course outline

A. Week 1-2(The adjustment period)

1. Classroom procedures
2. Fitness concepts

B. Week 3-4

1. Volleyball
2. Fitness concepts

C. Week 5-6

1. Softball
2. Fitness concepts

D. Week 7-8

1. Kickball
2. Fitness concepts
3. Preparation for term exam

E. Week 9-10

1. Ultimate Frisbee
2. Soccer
3. Fitness concepts

F. Week 11-12

1. Hockey
2. Lacrosse
3. Fitness concepts

G. Week 13-14

1. Basketball

H. Week 15-16

1. Student choice sports
2. Preparation for term exams

Grading

III. Participation

- A. Every day a participation grade will be given
- B. Each day is worth 20 points
 1. In order to receive the full 20 points you must participate the complete activity time

2. Partial participation of 15 points will be received if you opt out of participating for the day and walk
 3. A 0 will be received for the day if you opt out of participating and don't do an alternate activity
 4. If you are absent you must see your coach and request a make up activity for any unexcused absences
- C. Students must have a doctor's note that is given to the nurse to opt out of participating physically, but will be given a make up (ie write essay, quiz, read article)
 - D. Students who have an excused absence will receive full participation points
 - E. Students who have an unexcused absence will have 5 days to complete alternate assignment to receive participation for the missed day(s)
 - F. Students that have to be out due to covid-19 issues will be able to access class materials via google classroom.
- IV. Tests/quizzes
- A. Test/Quizzes will be taken on game rules at the end of a three week unit period and count as an activity grade (90% weight)
- V. Materials needed
- A. Tennis shoes
 - B. Athletic clothing
 - C. GREAT ATTITUDE!!
- VI. Classroom rules
- A. Respect yourself and others
 - B. Wholesome laugh at all times
 - C. If you need to exit the Gym/Arena you MUST have teacher permission
 - D. Cellphones are allowed per teacher discretion