

**NOUVEL CATHOLIC CENTRAL HIGH SCHOOL**

**FRESHMAN PHYSICAL EDUCATION CLASS 2018**

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| <b>COURSE DESCRIPTION:</b>     | <ul style="list-style-type: none"><li>• Physical Education is a course designed to give students the opportunity to experiment with a variety of fitness based movements and activities. Students will benefit from a combination of plyometric, distance running, circuit training, weight lifting. This is called muscle confusion which creates quick body modifications.</li><li>• Team sports and games provide an opportunity for leaders to emerge amongst the individual's classes. Teamwork based activities allows students to work together within perimeters established by instructor. Teamwork improves each student's social and emotional health by instructor interactions. There will be game play which increases the student's team work ability and lets those who are leaders show these attributes in a game based environment.</li><li>• Emphasis will be placed on weight training (when two adults are present) and conditioning as tools for lifelong fitness. Proper technique and sequence of conditioning exercises (flexibility, running, weight training, and agility drills) will be used.</li><li>• Students training will consist of the practice of certain movements by constant repetition to improve one's body.</li></ul> |
| <b>MAJOR COURSE GOALS:</b>     | <ul style="list-style-type: none"><li>• Students will gain cardio respiratory endurance by accomplishing a weekly distance/run session.</li><li>• Students will improve their own athletic ability through variety of polymeric activities.</li><li>• Students will improve muscular strength through excess of the Nouvel weight room and under strict observation by a certified instructor. Per NCCHS policy students must be accompanying by two adults in the weight room. But the students will be able to work out after school in either the Team Weight Room or the Performance Training Center.</li><li>• Students are given the opportunity to lead a physical education class session so as to gain an appreciation of steps necessary when designing a physical fitness program for a unique group of peers.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>COURSE ASSESSMENT PLAN:</b> | <p>This is a participation based classroom. I will assess by observation and effort and to the best of that individual ability. Students not participating will receive a zero and a phone call home, or email explaining the reason. Students will have to run the mile, push-up and sit-ups at a specific time given. There will be no cumulative exam.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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| <p><b>SUPPLIES AND MATERIALS NEEDED:</b></p>                      | <p>According to the Nouvel Student Handbook students will need to wear white, royal blue or NCC apparel, proper fitness shoes (Tennis shoes, cross-trainers, and running shoes), white socks. Boys no cut-off shirts, and must have their shirts on at all times. Short can consist of basketball short no running shorts.</p> <p>Dress code for the girls are somewhat similar, but the shirts cannot be low cut exposing cleavage and no mid-drift. The shorts must be appropriate length. You may wear running shorts but with spandex under the shorts.</p> <p>Failure to not have proper gym clothes mentioned above will be asked to change and if the student or students do not have other clothes their grade will be a zero for the day and required to sit-out. A second offense is no grade an email home explaining the guidelines on what is expected. After a second offense the student will have a zero, email or phone call, a write-up and conference and possible conference with an Administrator on a solution.</p> |
| <p><b>EXTRA HELP:</b></p>                                         | <p>The classes I teach vary from the semester. There is no need for extra help unless the student needs to make up time for individual testing, or evaluations. The students will need to set up a time. I will be available during, lunch, and after school.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>INSTRUCTIONAL PHILOSOPHY:</b></p>                           | <p>All students learn differently and the student learning process can be interpreted by learning new skills, and extending their understanding of familiar concepts (rules of a sport, stretching). Based on this understanding, I as an instructor will differentiate or adapt instruction to fit each learner's needs, styles, and abilities.</p> <p>In this role, as instructor, I:</p> <ul style="list-style-type: none"> <li>✓ Assess students' needs and abilities in a variety of ways (observation, student conference, diagnostic test of a skill).</li> <li>✓ Design a variety of ways that students can gather Information.</li> <li>✓ Provide a variety of options for teacher evaluation and student self-assessment.</li> </ul>                                                                                                                                                                                                                                                                                            |
| <p><b>MAJOR COURSE PROJECTS AND INSTRUCTIONAL ACTIVITIES:</b></p> | <p>Students in the physical education class will be tested on fitness skills mentioned prior on assessments and some background sports knowledge.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p><b>CLASSROOM EXPECTATIONS:</b></p>                             | <p>Students are expected to dress and participate to the best of their ability. If a student is not dressed points will be lost but with an opportunity of getting it back with an outside research project. If I see any inappropriate behavior or not following directions, I will remove you and you will receive no credit and parents will be notified. If it becomes a consistent problem then a conference with administration, myself and parent to discuss a plan to control the behavior.</p> <p>While changing in the locker room changing for class, I expect students out in the gym or hall way ready to go within 2 minutes of</p>                                                                                                                                                                                                                                                                                                                                                                                         |

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|                                           | <p>the bell. Anything past is considered to be tardy unless by an approved pass or note from teacher. The locker room must be kept clean and the way it was when you walked in, and no horsing around. When changing back in uniform the students must be out in a timely manner. Showering is allowed but you must be quick you do go to another class or lunch. Any other behavior issues will be dealt with by the administration, myself and parents by following along the guidelines and expectations within Nouvel Catholic Central's Student handbook.</p> |
| <b>HOMEWORK POLICY AND GRADING SCALE:</b> | <p>No homework. Instructor will stress that each student does the best that they can in the activity or fitness workout. This class is a wellness and fitness course and the expectation is to be dressed and prepared each day according to the Nouvel Student Handbook.</p>                                                                                                                                                                                                                                                                                      |
| <b>CONTRACT INFORMATION:</b>              | <p>L. Scott Frankland:<br/>2555 Wieneke Dr.<br/>Saginaw, MI 48604<br/>Email: <a href="mailto:sfrankland@sacshools.org">sfrankland@sacshools.org</a><br/>Phone Number: 989-791-4330</p>                                                                                                                                                                                                                                                                                                                                                                             |