**Team Sports Syllabus**

Instructors: Samantha Duke, Pat Corbett, Greg Asbury, Shawn Henebry

Offices: Locker Room(s), Weight Room

Purpose and Course Objectives: Our P.E. classes are designed to teach basic motor skills and promote health and physical fitness. All students are required to participate and improve physical fitness and gain an understanding of the importance of physical activity. Students will learn the rules and skills of various sports activities, develop teamwork skills, develop understanding of movement patterns. Students will also demonstrate the ability to interact with peers including cooperation, teamwork, self-control, and sportsmanship.

Sports/Activities: Indoor Soccer, Flag Football, Basketball, Volleyball, Floor Hockey, Ultimate Football, Badminton, Dodge Ball, Ultimate Frisbee, Pickle Ball, Kickball, Quad Ball, Whiffle Ball, Handball, combative movements and tumbling.

Grading System: Student will be graded using our district-approved standards, which are as follows:

9-12.PE.3.1.1.ES- Self- responsibility in health-related fitness components

9-12.PE.5.1.1.ES- Vigorous physical activity

9-12.PE.1.1.1.ES- Tactics in multiple leisure and lifetime physical activities

Fitness.Goal.1.1.ES- Competency in motor skills

Fitness.Goal.2.1.ES- Performance of physical activities

Fitness.Goal.3.1.ES- Maintain a health-enhancing level or physical fitness

Fitness.Goal.4.1.ES- Responsible personal and social behavior

Fitness.Goal.5.1.ES- Participates daily

9-12 PE 4.1.1.ES- Demonstrate the ability to initiate responsible personal and social behavior.

9-12 PE 4.1.2.ES- Demonstrate leadership

Team Sports Make-Up:

Students are allowed and encouraged to make up excused absences. Students will engage in 30 minutes of physical activity to earn their missing grade.

Who: Student who needs to make up an excused absence will meet with one of the PE teachers

When: Every other Wednesday, starting October 6th at 7:15am

Where: Meet in the PE hallway (locker rooms)

Why: PE make up and because you are a good student 😊

**Grading Rubric:**  
DRESS FOR SUCCESS!

**A=4** Dress, team player, on time, full participation (includes warm-ups, stretches, game/activity), 100% cooperation, no complaining, follows instructions, above and beyond

**B=3** Dress, participation, team player (sportsmanship, encouraging, good attitude)

**C=2** Dress, partial participation (ex: no warm-up, only play game)

**D=1** Non-Dress, full participation

**F=** Non dress, lack of participation/no participation

**Expectations for Team Sports:**

You signed up for team sports to participate in multiple sports and to play, you are in charge of your grade.

* We expect you to show up on-time in your assigned spot within 10 minutes of the tardy bell.
* We expect you to be in appropriate workout attire (shorts/sweats, t shirt, tennis shoes)
* We expect you to participate fully in all warm up activities
* We expect you to participate in all games (even if you do not like it, pretend!)
* We expect you to follow directions given
* We expect you to be respectful and to advocate for yourselves.
* We expect you to be kind and courteous to others
* We expect you to use appropriate behavior (no swearing, no bullying)
* We expect you to treat ALL equipment with care
* We expect you to have fun! Laugh at yourself and others kindly
* This class is what YOU make of it… I have good TS classes and horrible TS classes…. It 100% depends on the effort given in class as well as the attitude of the students.

Other items:

\*You will be given 8-10 minutes to change at the beginning and end of each class period.

\*You may use the locker rooms but must provide your own lock. DO NOT TRUST ANYONE! You are not allowed to be in the locker rooms besides before/after school and during your PE time. You may also just change and bring your stuff into the gym, there are camera’s!

\*At the end of class, you must stay in the gym area! You MAY NOT LEAVE EARLY to commons area or classroom wings.

\*Yes, people do fail this course! But you truly have to try! (not dressing down, not participating, disrespectful….)

My goals for Team Sports:

1. Interact with everyone every class
2. Have students being active 90% of our time together
3. To have fun, try something new

Resources:

* Mrs. Duke’s website: <http://sduke.weebly.com/>

Scroll down where it says TEAM SPORTS

* River Rock Training- <https://nsd131-my.sharepoint.com/personal/sduke_nsd131_org/Documents/PE/GAF%20going%20online%202020/River%20Rock%20Training.docx>
* Nike App instructions: <https://nsd131-my.sharepoint.com/personal/sduke_nsd131_org/Documents/PE/GAF%20going%20online%202020/Nike%20Training%20App.pdf>

It is the green app with the Nike symbol and NTC

Mrs. Duke’s email- [sduke@nsd131.org](mailto:sduke@nsd131.org)