

Individual and Dual Sports

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Course Description

All students will follow the school wide Mustang PRIDE and curriculum specific Wellness PRIDE expectations that are listed and practiced throughout school. Individual and Dual Sports is an active class that uses the heart rate monitors daily with the overall goal of improving cardio levels by playing multiple games and participating in various fitness activities.

Benchmarks and Shape America Standards

Standard 1 Individual demonstrate competency in a variety of motor skills and movement.

Standard 2 Individuals apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 Individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 Individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 Individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

DCSD Benchmark: Improvement of a student's cardiovascular endurance during the course of the semester.

Assessments

Students will be assessed using the some of the following:

1. Minutes spent in their target heart rate zone
2. Goal setting
3. Fitness testing
4. Other projects

Content

In addition to the units in each class, students will be introduced to health and wellness concepts promoting a healthy, active lifestyle.

Instructional Strategies

Teacher will use various strategies to include direct instruction, video analysis, goal setting, and cooperative learning.

Academic/Behavioral Expectations (rules, consequences, makeup)

1. Students are not allowed to have cell phones or any other electronic devices in class unless approved by their teacher. Cell phones may not be used in the locker room.
2. Profanity will not be tolerated.
3. Students are expected to respect teachers, classmates, equipment, and themselves.
4. Students must come to class ready to participate with activity clothing, athletic shoes, heart rate monitor strap, and other required items designated by their teacher. Students are expected to stay in class and not leave early. Each student receives a heart rate monitor strap. If this is lost, the student will need to pay a \$15 dollar replacement fee in the business office.
5. Students must lock up valuables in their lockers. Students will be provided a lock/locker to use during class. Each student is responsible for their own belongings. No food or drink is permitted in the locker room. Students will report to the locker room at the beginning of class and back to the locker room after activity until the final bell rings.
6. Students will have the opportunity to make up an absence on Tuesday mornings from 7:00 to 7:25 am. **This must be arranged with the individual teacher and take place within 2 weeks of the absence.**

Grading Plan

(5 points) Cardiorespiratory Endurance: Students will participate in lessons using Polar heart rate monitors/sensors to determine minutes spent in the target heart rate zone. Students will be evaluated using a target heart rate training zone and minutes spent in this zone.

(5 points) Unit and Activity Progression: Students will be graded on physical activity performance outlined by performance criteria/rubrics, daily lesson expectations, skill progression, warm up activities, etc. Students will be expected to follow Wellness PRIDE Expectations, and Standard 4 of National Standards for Physical Education.

Grading Scale:

90-100% = A+/- 80-89% = B +/- 70-79% = C +/- 60-69% = D +/- 59 or below = F

Communication Plan

Student progress will be available using Power School weekly. Individual teachers may be contacted by phone or email.

Medical Releases

If a student has a medical release from a physician, all paperwork must be on file with the nurse. After this occurs, the student will be sent to the LRC to do an assignment. Students are expected to bring other work with them if the assignment is finished early. Students will report to the locker room at the beginning of class and back to the locker room after activity until the bell rings.

