

## PE0120 – Phys Ed 8

<b>Course Basics</b>			
<b>District Course Code:</b>	<b>Grade Level:</b>	<b>Credit Value:</b>	<b>NCAA Approved:</b>
PE0120	8	N/A	N/A
<b>State Course Code:</b>	<b>Course Length:</b>	<b>Course Time:</b>	<b>FWPS Standards (link)</b>
08999N	36 Academic Weeks (Yearlong Course)	67 Minutes per day OR 5 hours 33 minutes each week	<a href="https://tinyurl.com/PE-6-8-Standards-FW">https://tinyurl.com/PE-6-8-Standards-FW</a>
<b>Prerequisites:</b> In grade 8.			
<b>Required Materials:</b> Internet access, computer, printer, printer paper and ink, modern OS/software/web browser, headphones with microphone- <i>if not built into computer</i>			
<p><b>Course Description:</b>            This course provides students with an overview of group sports. Students learn about a variety of sports, and an in-depth study of soccer or basketball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about game strategy and the benefits of sports. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre- and post-fitness assessment, as well as participate in regular weekly physical activity.</p> <p>12 weeks of exercise at 3 hours per week is required for this course. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult.</p> <p>Students will also be required to participate in and report on some specific individual sports, such as walking, yoga, and dance.</p>			

<b>Instructor Information</b>	
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<b>Phone:</b> 253-945-5840	<b>Virtual Sessions:</b> TBD

<b>Expected Learning Outcomes</b>	
<b>In this course, students will</b>	<ul style="list-style-type: none"> <li>• Analyze their fitness assessment and learning how to set appropriate goals.</li> <li>• Learn more about staying safe and avoiding injuries while exercising.</li> <li>• Learn more about exercise safety and proper technique.</li> <li>• Be introduced to a variety of individual sports.</li> <li>• Learn the benefits and techniques involved with walking and hiking as well as running and racing.</li> <li>• Be introduced to various types of dance.</li> <li>• Be introduced to the history, technique, and benefits involved with yoga.</li> </ul> <p><b><i>This course is divided into the following Units and Sections.</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>Course Introduction</i></b></li> <li>• <b><i>Unit 1: Getting Started</i></b> <ul style="list-style-type: none"> <li>• <i>1 Fitness Assessment &amp; Analysis</i></li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• 2 <i>Getting Started</i></li> <li>• <b>Unit 2: Exercise Safety</b> <ul style="list-style-type: none"> <li>• 1 <i>Creating an Exercise Program</i></li> <li>• 2 <i>Warm Up &amp; Cool Down</i></li> </ul> </li> <li>• <b>Unit 3: Sports &amp; Strategy</b> <ul style="list-style-type: none"> <li>• 1 <i>Team Sports</i></li> <li>• 2 <i>Game Strategy</i></li> </ul> </li> <li>• <b>Unit 4: Soccer</b> <ul style="list-style-type: none"> <li>• 1 <i>Soccer Guidelines</i></li> <li>• 2 <i>Soccer Game Play</i></li> <li>• 1 <i>Soccer Skills I</i></li> <li>• 2 <i>Soccer Skills II</i></li> </ul> </li> <li>• <b>Unit 5: Basketball</b> <ul style="list-style-type: none"> <li>• 1 <i>Basketball Guidelines</i></li> <li>• 2 <i>Basketball Game Play</i></li> <li>• 3 <i>Basketball Skills I</i></li> <li>• 3 <i>Basketball Skills II</i></li> </ul> </li> <li>• <b>Unit 6: Post Assessment</b> <ul style="list-style-type: none"> <li>• 1 <i>Post Assessment</i></li> </ul> </li> </ul> <p>Within each section students will find the following tasks to view or complete:</p> <ol style="list-style-type: none"> <li>1. <b>Game Plan</b>—an outline of tasks for that section</li> <li>2. <b>Lesson</b>—multimedia online lesson(s) about the section topic</li> <li>3. <b>Sprint</b>—links to other online sites with additional fitness information</li> <li>4. <b>Team Huddle*</b>—class discussion on an assigned topic</li> <li>5. <b>Assignment/Skill*</b>—section assignment</li> <li>6. <b>Quiz*</b>—assessment of lesson comprehension</li> <li>7. <b>Fitness Log*</b>—a record of workout sessions for each week</li> </ol>
<b>Standards Alignment</b>	See Course Learning Plan Contract (LPC)
<b>Assessment Methods</b>	<p><b>Formative Assessments:</b> The student will complete formative assessments in the form of quizzes, huddles, and a weekly fitness log. Students will have up to three attempts to successfully meet the 70% or better score needed to advance. Should the student not meet the requirement within the three attempts, the student will notify the teacher to reset the quiz and then together they will work on meeting the requirement and move forward.</p> <p>Team Huddle — class discussion on an assigned topic  Quiz — assessment of lesson comprehension  Fitness Log — a record of workout sessions for each week</p> <p><b>Summative Assessments:</b> The student will complete summative assessments to demonstrate their understanding of the standards presented to them. These assessments will be in the form of “assignment” within the lesson. The student will need to meet the 70% or better requirement. The student and teacher will work together to assist the student in meeting it should the student need more attempts.</p> <p>Summative Assessments will be your way to DEMONSTRATE to your teacher your full understanding of the lessons, skills, and activities that you learned and practiced in the preceding lessons. Your key word here is "demonstrate". The summative assessments are the grades that will make up your grade. So, each time you go to answer a question in the summative assessment you want to CONVINCED, PROVE, DEMONSTRATE your understanding of the problem.</p> <p>Assignment/Sport Report — section assignment or evaluation of a sport</p>
<b>Grading Methods</b>	All summative assessments will be graded according to the corresponding rubric. Only summative assessment scores will calculate towards a student's final grade. Each summative assessment is linked to a FWPS Priority Standard (PS), and each PS is a part of a grading/reporting “bucket”. All buckets are equally weighted, and the student's final grade is the average score of all buckets. Students will also receive an

	informational grade in non-academic areas of student success.
<b>Grading Scale</b>	<p>Excelling – EX - 100%-90%</p> <p>Meeting – ME - 89%-70%</p> <p>Approaching - AP- 69%-60%</p> <p>Beginning – BE - 0%-59%</p>

<b>Student Expectations</b>	
<b>Weekly Work Completion</b>	Students will submit original work in all classes each week.
<b>Original Work Submissions</b>	Students will only submit their original work. If a student uses outside sources in the creation of their original work, citations <i>must</i> be present in the format requested by their teacher.
<b>Weekly Communication</b>	Students will communicate weekly with their teachers regarding their academic progress.
<b>Functioning Technology/ Required Materials</b>	Students will always have constant and consistent access the functioning hardware, software, technology, and required materials necessary to complete their coursework in all classes.

<b>iA Policies Required for Enrollment</b>	
<b>Academic Integrity</b>	<p>Academic integrity is essential to learning. Students are expected to complete their own work. Copying, plagiarizing, cheating or other methods of intentional deception are prohibited and could result in the student’s removal from the class or iA entirely.</p> <p><i>AI Policy-1st Offense: The student will be contact by the teacher via phone call, the student will be made aware of the plagiarism and examples of how this can be avoided will be discussed and shared. Direct instruction on plagiarism will be delivered by the teacher. iA Administration and other teachers will be made aware of the plagiarism. 2nd Offense: The student and parents will be contact by the teacher directly and the student will have to complete the plagiarized assignment without plagiarism before moving on in the course. iA Administration will be made aware. 3rd Offense: The student will be withdrawn from the course or iA depending on the severity of the plagiarism and the frequency that it is happening in other courses.</i></p>
<b>WAC (Weekly Academic Contact)</b>	<p>State regulations require students in online programs to have weekly academic contact with each teacher. This occurs by engaging with the curriculum and online instruction, submitting assignments to make progress in learning, and successfully completing courses. Students have multiple opportunities and methods to achieve weekly academic contact and receive teacher assistance and feedback: email, message, live online sessions, assignments, phone, and/or face-to-face meetings by appointment when applicable and in accordance with social distancing guidelines.</p> <p><i>WAC Policy- If a student consistently fails to meet WAC requirements after 20 consecutive days they will be withdrawn and their neighborhood school will be notified to enroll them there. To re-enroll with IA you must have a meeting with an administrator. Above is the policy through December 31st,2020.</i></p> <p>Beginning in January 2021, in accordance with new state law the iA Weekly Academic Contact policies are changing. To ensure the success of all iA students, Weekly Academic Contact is required to remain enrolled at iA.</p> <p>1st week missed WAC= Notification of missed WAC that informs students and parents of the consequences of additional missed WAC. (Step 1)</p> <p>2nd consecutive or 3rd cumulative week of missed WAC= The student and parent must conference with a designee to discuss the missed contact, administer a “screener”, and develop a data-based interventions plan. (Step 2)</p>

	5th consecutive OR 6 cumulative of missed WAC= BECCA petition will be filed. (Step 3)
<b>MAP (Monthly Academic Progress)</b>	<p>Washington state law requires that students receive a monthly academic progress report and that students respond to all MAP reports they receive. MAP reports are emailed monthly to their Genius Message account and students must reply through the Genius system to EACH MAP report they receive. Students earn an academic progress mark each month for each class based on their progress as compared to their individual Learning Plan Contract and the course completion date. Students earn OP if they are on pace with their LPC/course pacing or BP if they are behind the pace of their LPC/course pacing. BP marks involve communication with the parent/guardian and an intervention plan to give the student additional opportunities to get back on pace toward successful course completion. Multiple probation reports may result in withdrawal from the course or school.</p> <p><i>MAP Policy- If a student fails to reply to the MAP report within 2 weeks of receiving it, the student will be blocked from that class until they contact their teacher directly and show proof that they have replied to MAP.</i></p>
<b>Email/Software Agreements</b>	Students agree to maintain constant and consistent access to the technology and software needed to complete their iA courses. If the student cannot maintain constant and consistent access to needed technology they will be withdrawn from iA.
<b>Professional Discretion</b>	Teachers reserve the right to make adjustments to the course, content, pacing, and expectations at any time. Students and parents will be notified via email of any changes made after the course has started.