

Martin Luther High School
Physical Education 2017 – 2018
Mr. Taylor

Rules:

1. Follow all rules as printed in the student handbook
2. The student will be in the gym in proper uniform no later than five minutes after the tardy bell rings.
3. Proper uniform is required: MLHS physical education t-shirt (**do not cut them**), athletic shorts, gym shoes, and socks (also have on hand sweatpants and a sweatshirt for cooler weather)
4. No jewelry of any kind. This will be an automatic four point deduction from the scale below.
5. No food, beverages, gum, or candy during class or in the locker rooms.
6. Take care of the equipment – use it only for its intended purpose.
7. Showers are strongly recommended – students supply their own towels, soap, etc.
8. Each student is assigned a PE locker and a combination lock for which s/he is responsible. Locks must be returned in good working condition at the end of the semester or year, or a fine will be assessed.
9. The student is required to participate. If you cannot participate for any reason, you must have a written note from your parent/guardian or a doctor. Remember that this also will mean that you will not participate in extra-curricular activities. (NO PE, NO SPORTS)
10. I am the RULE MAN. If for any reason I deem it necessary to make a new rule during an activity so that no one gets hurt I reserve the right to do so.

Grading Procedures

1. Daily Grades will be based on participation, promptness, proper attire, and sportsmanship (proper attitude). Each day is worth 4 points, (one point per category)
2. You will be given written tests in each section based on the knowledge of the rules of the game.

Each quarter is made up of the following

Daily Grade	4 points per day
Written Tests	100 points each

Your grade may then be calculated by the following formula

$$(\text{Daily Points} + \text{Test Scores}) / (\# \text{ of days} * 4 + \# \text{ of tests} * 100)$$

Each quarter grade will count as 50% of your semester grade. There will not be a PE final.

Course Outline

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|--|------------------------|-----------------------------|
| I. Physical Fitness Testing – Marine Corps YPF Program | | |
| II. Flag Football | | |
| III. Soccer | XIV. Pickle Ball | XXV. Bocce Ball |
| IV. Speedball | XV. Ping Pong | XXVI. Designer Golf |
| V. Weight Lifting | XVI. Disc Hoops | XXVIII. Slow Pitch Softball |
| VI. Basketball | XVII. Shuffle Board | XXIX. Frisbee (Disc) Golf |
| VII. Volleyball | XVIII. Dodge Ball | |
| VIII. Nitro Ball | XIX. Whiffle Ball | |
| IX. Floor Hockey | XX. Throwball | |
| X. Darts | XXI. Kickball | |
| XI. Badminton | XXII. Archery | |
| XII. Bowling | XXIII. Golf (Chipping) | |
| XIII. Curling | XXIV. Ultimate | |

PHYSICAL EDUCATION

COURSE DESCRIPTION

Physical education is a discipline which involves education not only of the physical, but also through the physical. Physical education includes learning basic body movements incorporated in team, individual, and lifetime sports and activities. Because of the need for physical activity both now and later in life, the student will practice and perform skills and strategies relative to activities engaged in now and later life. Physical education will be taught as a means to give glory to God by caring for and using the human body and mind as a temple to God.

COURSE OBJECTIVES

The student will:

1. Give glory to God through the healthful use of his/her body and mind.
2. Use opportunities in class to witness to those around him/her.
3. Improve his/her proficiency in various athletic skills and activities.
4. Improve his/her overall physical fitness.
5. Increase his/her knowledge of playing strategies, terminology, and rules of a variety of sports.
6. Obtain knowledge serving as a means to a more healthy lifestyle.
7. Demonstrate mastery of various sport skills through skill tests with a passing score of at least 65%.
8. Demonstrate mastery of the rules to various sports through written tests with a passing score of at least 65%.
9. Apply positive components of interpersonal relationships in team situations.
10. Utilize strategy relative to team game situations.

COURSE OUTLINE

- I. Introduction
 - A. Class procedures and requirements
 - B. Locker room regulations
 - C. Uniform requirements
- II. Physical Fitness Testing-Marine Corps YPF Program
 - A. Sit ups
 - B. Push ups
 - C. Pull Ups
 - D. Standing broad jump
 - E. 300-yard shuttle run
- III. Flag football
 - A. Passing
 - i Mechanics
 - ii Target
 - B. Catching
 - C. Center snapping
 - D. Punting
 - E. Basic strategy and rules

- IV. Soccer
 - A. Dribbling
 - B. Passing
 - C. In bounding the ball
 - D. Shooting
 - E. Heading the ball
 - F. Trapping the ball
 - G. Basic strategy and rules

- V. Speedball
 - A. Conversions
 - B. Drop Kicks
 - C. Basic strategy and rules

- VI. Weightlifting

- VII. Basketball
 - A. Ball Handling skills
 - B. Defensive skills
 - i Zone
 - ii Man-to-man
 - C. Offensive skills
 - i Lay-ups
 - ii Free Throws
 - iii Jump Shot
 - D. Basic strategy and rules

- VIII. Volleyball
 - A. Passing
 - B. Hitting
 - i Approach
 - ii Hand Position
 - iii Timing and follow-through
 - C. Serving
 - i Underhand
 - ii Overhand
 - D. Offensive strategy
 - E. Defensive strategy
 - F. Basic strategy and rules
 - G. Alternate Games
 - i Nitroball
 - ii Throwball

- IX. Floor Hockey
 - A. Use of stick
 - B. Passing and Centering
 - C. Shooting on goal
 - D. Clearing the goal
 - E. Defense
 - F. Team play and rules

- X. Darts

- XI. Badminton
 - A. Serving
 - B. Smash Shot
 - C. Drop Shot
 - D. Basic strategy and rule

- XII. Bowling
 - A. Delivery
 - i Push-away
 - ii Backswing
 - iii Delivery slide
 - iv Follow-through
 - B. Scoring
 - C. Rules, courtesies, terms

- XIII. Curling

- XIV. Pickle-ball
 - A. Serving
 - B. Smash shot
 - C. Drop shot
 - D. Basic strategy and rules

- XV. Ping Pong

- XVI. Disc Games
 - A. Ultimate
 - B. Disc Hoops

- XVII. Shuffleboard

- XVIII. Dodge-ball

- XIX. Golf
 - A. Chipping
 - B. Driving
 - C. Disc Golf
 - D. Designer Golf

- XX. Archery

- XXI. Slow-Pitch Softball
 - A. Co-ed rules
 - B. Fielding skills
 - i Ground balls
 - ii Fly balls
 - iii Catching
 - iv Throwing
 - C. Batting skills
 - D. Team strategy

XXII . Bocce Ball

XXIII. Disc Golf

XXIV. Mile Run

Each quarter grade will count as 50% of your semester grade. There will not be a PE final.

RESOURCES

Seaton, et.al. PHYSICAL EDUCATION HANDBOOK. Prentice-Hall.

Hohenstein. GAMES FOR PEOPLE OF ALL AGES. Bethany House.
ACADEMIC SPORTFOLIO.

Turner and Turner. ALTERNATIVE SPORTS AND GAMES. Peek Publications
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Midura, Daniel W., and Donald R Glover. MORE TEAM BUILDING
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Schaafsma, Frances. BASKETBALL FOR WOMEN. Dubuque, IA:
Am. C. Brown, 1977.

Zakrajsek, Dorthy B. et al. QUALITY LESSON PLANS FOR SECONDARY
PHYSICAL EDUCATION. Champaign, IL: Human Kinetics, 1994.

Lumsden, Ken, and Sally Jones. READY TO USE SECONDARY PE
ACTIVITY PROGRAMS. West Nyack, NY: Parker, 1996.

The Diagram Group. THE RULE BOOK. St. Martin's Press: New York, NY
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Various Websites