

PARK SLOPE COLLEGIATE

PHYSICAL EDUCATION SYLLABUS

HIGH SCHOOL

COURSE OVERVIEW

Physical Education at Park Slope Collegiate teaches and promotes lifelong fitness, teamwork, and positive behavior through active participation in a variety of sports and activities. Students learn the skills necessary to participate in team and recreational sports in and outside of the classroom. The sports education model, where each student has a role, is used for all team sports.

ANNUAL OUTLINE

Semester 1 - Classroom Procedures and Fitness and Goal Sports

Marking Period 1 - Fitnessgram and Soccer

Goal setting and understanding fitness concepts. Dribbling, passing, shooting, and team games

Marking Period 2 - Team/European Handball

Ball handling, dribbling, passing, scoring, offense/defense, and team gameplay

Marking Period 3 - Hockey and Kickball

Stick handling, scoring, goalkeeping, team gameplay.

Baserunning, offense/defense, scoring, recreational gameplay

Semester 2 - Net Sports

Marking Period 4 - Volleyball

Passing, serving, offense/defense, and team gameplay

Marking Period 5 - Badminton

Serving, passing, offense/defense, and gameplay

Marking Period 6 - Pickleball and Self Guided Fitness

Gameplay, scoring, serving, singles/doubles gameplay.

Student autonomy in a sport of their choice

ASSESSMENTS

65% Participation

35% Classroom Procedures

Students are expected to walk around the perimeter of the gymnasium upon entering and to be in their floor spot when told to do so. Skills and drills of the unit are then taught and reinforced, followed by various types of gameplay.