



Beaver Dam High School Syllabus

Department: Physical Education School Year: 2012-2013 Course: Have a Ball with Fitness Grade Level: 11 th -12 th Required Materials: Appropriate gym clothes, tennis shoes, outerwear for outside activities		Course Resources: Fitnessgram, Corbin's "Fitness for Life", "Wisconsin Physical Education State Standards" Prerequisites: Successful completion of 9 th grade PE and Life Fitness I		
Course Description: See Below				
Units Covered: Softball, flickerball, flag football, soccer, matball/kickball, volley ball, team handball, floor hockey, basketball, pickleball.				
Summative Assessments: <ul style="list-style-type: none"> • Quizzes • Mid-term • Pre-fitnessgram testing • Post-fitnessgram testing • Pedometer Project • Weight room cards • 2-Week summative assessments 		Formative Assessments: <ul style="list-style-type: none"> • Daily Work • PACER Wednesdays • Target heart rate worksheets • Blue question cards • Sportsmanship assessments 		
Courses at BDHS run in a flexible schedule format. See selection to right for this course's format:	<u>One-Term 90</u> <input type="checkbox"/>	<u>Two-Term 90</u> <input type="checkbox"/>	<u>All-Year 45</u> <input type="checkbox"/>	<u>Other</u> <input checked="" type="checkbox"/>
School-wide Grading Procedures: Assessments 85% <ul style="list-style-type: none"> • Formative 30% (of assessment grade) • Summative 70% (of assessment grade) Cumulative Final 15%				
<u>Summative Assessments:</u> (this shall constitute 70% of the term grade) Our goal is to assess what the students have learned from what we have taught. Summative assessments reflect the format and content of the formative learning opportunities.				

Make-up Policy for Summative Assessment: The student may redo the summative assessment one time within one week after completing all formative tasks, and necessary additional learning. It is the student's responsibility to advocate for this opportunity and make the necessary arrangements.

Cumulative Final: At the end of the semester, there will be a cumulative final exam. Students will not be allowed to retake this assessment. This will comprise 15% of the semester grade.

School-wide Grading Scale:

A+	98-100	C+	77-79
A	93-97	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62

Contact Information:

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Have a Ball with Fitness – BDHS Physical Education - .5 credits

[“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.”](#) – President John F. Kennedy

Have a Ball with Fitness – Topics for Understanding:

1. Personal Fitness

What is your current level of health-related fitness?

State your personal fitness goal for the semester.

2. Active Sports

Which sports are best for developing each of the five health-related parts of physical fitness?

Why is it important to be physically fit when participating in sports?

Explain the rules, strategies and etiquette involved in the active sports you have participated and learned in this class.

Have a Ball with Fitness – Active Sports

Softball	Kickball/Matball	Basketball
Flickerball	Team Handball	Pickleball
Flag Football	Volleyball	
Soccer	Floor Hockey	

Have a Ball with Fitness – Focus on Fitness:

Functional Fitness Warm-Ups – Training your body to handle real-life situations! Every day!

PACER Wednesdays (Cardio) – Heart attacks are the leading cause of death in the United States and the clock has already started ticking on your generation. Time to run for your lives! Every other Wednesday this semester, we will be working with teams & with partners towards achieving a class goal of everyone making it into the “Good” Fitness Zone on the PACER by your final exam.

Power Surge Day (MS, ME, Flex, Cardio) –Active sports benefit different components of health- and skill-related fitness so it becomes important to make sure you balance your workouts. Once a week we will be participating in a Power Surge, a circuit workout, designed to engage all the components of fitness.

Friday Fitness Frenzy (MS, ME, Flex, Cardio) – Let's take a break every other Friday and get together with our friends in class for some walking, Jogging, Running and equipment less interval work. Gain some new fitness information and win some prizes all while you get a great total body workout!