

# Physical education

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## I. Course Description

The goal of the Biloxi High School physical education classes is to introduce and teach the basic fundamentals of various individual and team related activities; as well as health and fitness activities. Our staff of coaches possess knowledge to teach sport skills and the measures to maintain an active lifestyle. As virtual learners, your learning will be geared more towards sport rule and fitness based exercises.

## II. Course Content

### A. Sport rules to be covered

1. Volleyball
2. Basketball
3. Lacrosse
4. Badminton
5. Pickleball
6. Soccer
7. baseball/softball
8. Football
9. Golf
10. tennis
11. Chess
12. Checkers
13. Hockey

### B. Fitness concepts

1. Health related components of fitness
2. Skill related components of fitness
3. Weight lifting technique
4. Exercise planning

## Grading

### BE PREPARED TO PARTICIPATE

#### I. Participation

##### A. Every day a participation grade will be given

1. Each day is worth 20 points
2. In order to receive the full 20 points you must log on within a 5 minute window to the class starting and participate the complete activity time

3. A 0 will be received for the day if you do not log in or if you do not participate in the activity
4. Students must have a doctor's note that is given to the nurse to opt out of participating

III. Tests/quizzes

- A. Test will be uploaded to google classroom and will be taken during the assigned class period
- B. Test will be taken on game rules at the end of a three week unit period
- C. Quizzes will be taken weekly on Friday's. Quizzes will count as a Friday participation

IV. Projects

- A. Monthly fitness plan
  1. Students will create a fitness plan including multiple avenues of fitness (eg sports, weight lifting, cardio)
  2. Students will create a vision board with including important figures from the fitness world, goals that have for their fitness, and other fitness related concepts
- B. Weekly practice plan
  1. Students will choose a sport that they have learned about during the semester and create a weekly practice plan. Including drills, practice time
  2. Students will write 2 page essay on history of the sport that they select

V. Materials needed

- A. Tennis shoes
- B. Athletic clothing
- C. GREAT ATTITUDE!!

VI. Classroom rules

- A. Appropriate clothing must be worn
- B. Only the student should be present in camera
- C. Respect yourself and others
- D. Wholesome laugh at all times