



Legacy High School
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<http://www.legacy.adams12.org>



Year	2019 – 2020	Teacher	
Office		Website	http://www.legacy.adams12.org/
Phone			
Email Address			

Course Name		Recreational Sports	
Course Description		This class will focus on the skills and techniques required to participate in a multitude of recreational sports and activities while incorporating the major concepts and skills required to obtain and maintain good physical condition.	
Unit of Study	Grade Level Expectations/Content Standards	Approximate Time Spent or Percent of time Spent	Targeted Date of Assessment
Teamwork / Sportsmanship	NASPE Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.	18 weeks All semester	Peer Assessment after each unit.
Physical Fitness	Students will participate regularly in physical fitness activities. Understand aerobic and anaerobic training. NASPE Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	18 weeks All semester	Quiz or test after each unit.
Knowledge of Activities	NASPE Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	18 weeks All semester	Quiz or test after each unit.
Components of Fitness	NASPE Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	18 weeks All semester	Quiz or test after each unit.
Healthy Lifestyle	NASPE Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	18 weeks All semester	Quiz or test after each unit.
Grading Scale	Grade Percentages/Weights	On group projects, students will receive a grade for individual work and a group grade	
A 90-100	Concepts 25%		
B 80-89	Assessments 25%		
C 70-79	Participation 50%		
D 60-69	*Weekly progress grades are posted at https://ic.adams12.org/campus/portal/adams12.isp	Grades are based on achievement of Content Standards and Grade Level Expectations.	
F 59 or below			
Class Expectations			
Missing or incomplete assignments/assessments for this course: Superintendent Policies 6280 Homework and 6281 Make-Up Work, will be followed for this course.			
Student Expectations			
Other Category = Participation Grade	This grade is based upon your attendance and your effort in class. Each absence, tardiness (3) or no dress lowers this portion of your grade 5% each semester. 1 absence, tardy 3 times or 1 no dress = 95% or 90%, 2 absences, tardy 6 or 2 no dresses = 90% or 80%, 3 absences, tardy 9 times or 3 no dresses = 85% or 70%, ETC. If a no dress occurs, student's participation grade will lower 5%, regardless if		



	<p>the student participates or not. It is very important to make-up all excused absences, tardies and no dresses and keep this portion of your grade at its best level!</p>
Make-up Policy	<p>The P.E. department at Legacy will offer our students a highly structured opportunity to make-up excused absences and tardies. Students who make-up absences in P.E. do BETTER!</p> <p>Option #1: On Tuesday or Thursday attend academic support from 2:30-3:00 pm.</p> <p>Option #2: On Tuesday or Thursday attend the after school weight lifting make-up program from 3:00-3:45.</p> <p>Active participation is required for the entire 30 minute session. All students must be dressed in proper P.E. clothes. Students may choose between the following choices to earn a make-up:</p> <ul style="list-style-type: none"> • Weight Lifting: Lift weights for 30 minutes. • Exercise Bike: Ride the stationary bike for 6 miles. <p>Option 3: Make prior arrangements with a P.E. instructor to attend a Weight Training Class during your free period to ride the stationary bike for 6 miles. Teacher has the right to say "NO" or give you an alternate day.</p> <p>*NOTE: For the last two weeks of each quarter the weight room will also be open Monday's and Friday's from 3:15-3:45 in addition to the usual Tuesday's and Thursday's from 3:00-3:45 pm.</p>
Late work Policy	You have the number of days missed plus one to get in any late work or make-up work.
Tardy Policy	Every 3 Tardies equals a loss of participation points (5% for single period) (10% for block period). These points can be made-up using the P.E. Make-up Policy.
Plagiarism/Cheating Policy	See Legacy Handbook
General Expectations	
<ul style="list-style-type: none"> • Grades are based upon the demonstration of proficiency on units associated with a standard given during each formative or summative assessment. Formative grades in addition to summative unit assessments will be used to holistically determine your grade. • Summative: 80% Summative measures of achievement are taken when unit master is expected. (i.e., unit tests, culmination of a project, embedded assessments, etc.) • Formative: 20% Formative assessments measure the scaffolding skills and/or content embedded in the unit. Formative assessments are taken frequently, after a student has practiced a skill or become familiar with content. Examples of formative assessments include but are not limited to exit tickets, paragraphs, oral check for understanding, warm-ups, stages in a large project, etc. • Assessments will be graded based on teacher/district/state rubrics. • On group projects, students will receive a grade for individual work and a group grade. • Grades are based on achievement of Content Standards and Grade Level Expectations. 	