



Legacy High School
 2701 West 136th Ave • Broomfield, CO 80023
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<http://www.legacy.adams12.org>



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

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| Course Name | | Soccer/Floor Hockey/Pickleball | |
| Course Description | | This class will focus on the skills and techniques required to participate in soccer, floor hockey and pickleball 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 |
| Related Skills | Students will have the skills necessary to perform a variety of physical activities. Standard I (Movement Competence) Standard II (Physical Fitness Competence) Standard III (Physical Activity Knowledge) | 18 weeks All semester | Quiz or test after each unit. |
| Physical Fitness | Students will participate regularly in physical fitness activities. Understand aerobic and anaerobic training. Standard I (Movement Competence) & Standard II (Physical Fitness Competence) | 18 weeks All semester | Quiz or test after each unit. |
| Knowledge of Activities | Students will understand and apply the different skills, rules, strategies and terminology in the games of soccer, floor hockey and pickleball. Standard III (Physical Activity Knowledge) | 18 weeks All semester | Quiz or test after each unit. |
| Teamwork / Sportsmanship | Students will develop teamwork and game etiquette, including good sportsmanship. Standard III (Physical Activity Knowledge) | 18 weeks All semester | Quiz or test after each unit. |
| Components of Fitness | Students will understand and demonstrate the five components of fitness through daily class instruction and fitness testing. Standard I (Movement Competence) Standard II (Physical Fitness Competence) Standard III (Physical Activity Knowledge) | 18 weeks All semester | Quiz or test after each unit. |
| Healthy Lifestyle | Students will understand the benefits of a healthy/active lifestyle and understand good nutrition principles. Standard II & III | 18 weeks All semester | Quiz or test after each unit. |
| Grading Scale | | 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 | |
| F | 59 or below | | |
| Grades are based on achievement of Content Standards and Grade Level Expectations. | | | |
| 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 | |
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| Other Category = Participation Grade | This grade is based upon your attendance and your effort in class. Each absence or (3 Tardies) lowers this portion of your grade 5% (single period) or 10% (block period) each quarter. 1 absence or 3 Tardies = 95% or 90%, 2 absences or 6 Tardies = 90% or 80%, 3 absences or 9 Tardies = 85% or 70%, ETC. It is very important to make-up all excused absences and Tardies each quarter and keep this portion of your grade at its best level! |
| 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. | |