

Washington School for the Deaf Physical Education and Health

Instructor: Caleb Hinton

Location: Hunter Gym

Office: Divine Hall (#314)

Class: Middle School PE and Health

Schedule:

- 5th Period, PE/Health
- Mondays-Thursdays, 1:03-2:00pm
- Friday B only (9:35-10:30am)

Course Description:

General PE includes a wide variety of sporting games, and the rules and skills to play them. Throughout this course, we will cover the history, rules, and skills of each team sport that will enhance students' understanding of sports. Students will gain a better understanding of how to perform specific skills of each team sport and will apply these skills to scrimmages and games. Finally, this course will enable students to work as a team and learn from each other and rely on each other for success.

Health education provides students with knowledge, attitudes, and skills to make health-promoting decisions. The course addresses the physical, mental, emotional, and social aspects of health. Good health is not a one-time decision but a series of decisions continuing throughout our lives. Students will develop comprehension and understanding in the areas of Personal Wellness, Mental and Emotional Health, Body Systems and Disease, and Nutrition and Fitness.

Objective:

PE & Health

- Students will be able to develop skill, interest, and the appreciation for the need of lifelong learning, activity, and recreation.
- Students will receive feedback and share ideas that will enhance their lives and well-being.
- Students will be able to strive for achievable and personal goals.

Health

- Students will have experiences and skills that give release from emotional strain and tension.
- Students will be able to counteract major risk factors of heart diseases.
- Students will be able to improve self-esteem and self-control.
- Students will be able to develop good social behavior with others.
- Students will be able to apply balanced nutrition and healthy eating along with personal wellness to their daily lives.

PE

- Students will learn plyometric/agility activity that will enable each student to monitor desired gains.
- Students will be able to improve muscular strength, flexibility, and endurance.
- Students will be able to experience conditioning activities, as well as individual and team activities.
- Students will be able to identify the fundamental guidelines and techniques of plyometric, and conditioning drills.

Class Expectations:

- Be respectful to everyone, no bullying or verbal abuse allowed.
- Use school equipment appropriately and always follow safety procedures.
- **PLEASE to bring proper gym clothes and shoes**
- Do NOT wear jewelry while participating in PE classes (watches, necklaces, rings, bracelets, earrings, body piercing, bands, etc.).
- Raise your hand if you have a question or comment, do not talk over others, and pay attention when asked to do so.
- Always be on task and follow instructions.
- All students are expected to try their best, participate, and have fun during class.

Course Content:

Basketball	Track & Field	Fitness testing	Tchoukball
Flag Football	Volleyball	Floor Hockey	Soccer-Golf
Ultimate Frisbee	Softball	Lacrosse	
Speedball	Tennis	Badminton	
Pickle ball	Team Handball	Soccer	

Grade System:

Participation: (60%)

10 points per day, 40 points for full week (four days) and Friday on B schedule

- Participation= 5 points
- Warm up= 2 points
- Proper shoes (Tennis shoes) = 2 points
- On time= 1 point

Homework Grade: (10%)

Tests/Quizzes/Projects: (30%)

Letter grade	Percent ranges	Scale value	General rubric
A	93-100	4.0	Exceeds expectations
A-	90-92.9	3.7	
B+	87-89.9	3.3	
B	83-86.9	3.0	Meets expectations
B-	80-82.9	2.7	
C+	77-79.9	2.3	
C	73-76.9	2.0	Approaching expectations
C-	70-72.9	1.7	
D+	67-69.9	1.3	
D	60-66.9	1.0	Does not meet expectations
F	<60	0	No evidence

Presidential Physical Fitness test will be given at the beginning and at the end of the semester. (Pre-Fitness Testing & Post-Fitness Testing)

Please RESPECT each other as a special and unique person. ATTITUDE IS EVERYTHING!!!!

For Extra Help:

See Mr. Hinton after class to arrange for a session or email at caleb.hinton@cdhl.wa.gov

Parents- If you want more frequent communication on how your child is doing in PE, please e-mail me.

VP: (360-718-9555)