

GREATER NEW YORK ACADEMY

SOPHMORE PHYSICAL EDUCATION SYLLABUS

Teacher: Mr. R. Cameron

Room: Gymnasium

COURSE DESCRIPTION/OBJECTIVES: Physical Education is a very important part of the total education process. The aim of this class is to facilitate physical, mental, social, and spiritual development. This class will give each student the knowledge that will allow them to take control of their own health.

CLASS UNIFORM/MATERIALS: The following items are required for class: Greater New York Academy gym uniform, running shoes/sneakers, bottled water (optional), freshening products (deodorant & similar products), & pen (when instructed). Those students with medical conditions should bring any necessary medication to class with them at all times.

WRITTEN TEST/QUIZES & SKILL TESTS: The students will be learning information in different areas of sports and physical fitness. The following are general areas that will be focused on in the classroom through resource material provided by the teacher:

- 1) The make up of muscles
- 2) Muscle identification
- 3) Muscle functions during exercise
- 4) Muscle functions during stretching
- 5) The relation between fat and muscle
- 6) Weight control
- 7) The function of muscle related to team sports
- 8) The function of muscle related to individual activities

TEAM SPORTS:

- 1) Soccer
- 2) Flag Football
- 3) Volleyball
- 4) Basketball
- 5) Softball
- 6) Other team related activities

INDIVIDUAL ACTIVITIES:

- 1) Circuit Training
- 2) Jump Rope
- 3) Target activities
- 4) The President's Council on Youth Physical Fitness Test
- 5) Other Individual related activities

PHYSICAL AREAS OF FOCUS:

- 1) Cardiovascular health
- 2) Endurance
- 3) Strength
- 4) Flexibility
- 5) Power
- 6) Balance
- 7) Weight Control
- 8) Coordination

AREAS OF EVALUATION:

- 1) Daily Points ----- Uniform, Participation, Sportsmanship 30%
- 2) Fitness ----- Daily Fitness/ Warm-up exercises, 30%
- 3) Knowledge ----- Tests/Quizzes 20%
- 4) Skill ----- Games, Skills Tests 20%

GRADING SCALE:

A	93-100	A-	89-92		
B+	86-88	B	83-85	B-	79-82
C+	76-78	C	73-75	C-	69-72
D+	66-68	D	63-65	F	0-59

GENERAL CLASS RULES:

- 1) Students are not allowed to eat, drink, chew gum or candy inside the gym (water accepted)
- 2) Students must bring proper written excuses in order to be pardoned for activities missed
- 3) Students are not allowed to leave the gymnasium during class unless permitted by the teacher.
- 4) Students must be changed and ready for worship/prayer 5 minutes after the last bell for class. (Being late can severely affect your grade)
- 5) Students are not allowed in the change room during class unless permitted by the teacher.
- 6) Students must be changed back into full uniform before the bell to end class rings
- 7) Males & Females are not allowed in each others change room at any time
- 8) Students must stop what they are doing and listen when the teacher blows the whistle.
- 9) No doo-rags are permitted in the gymnasium at any time
- 10) Respect others by keeping your hands to yourself.

These rules along with all the rules and guidelines in the student handbook should be followed accordingly.

