



Adaptive Physical Education Grand Haven High School



Course Number:

Grade Level: 9-12

Credits : .5

Prerequisite Courses : None

Course Description

The emphasis of this semester long course is to promote development of physical and motor fitness. Students will work on fundamental motor skills, various sport skills, patterns and overall fitness.

Course Objectives

Students will recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle. Our students will possess the skills, knowledge, interest, and desire to maintain an active lifestyle. Students will understand the connection between having a healthy body and a healthy mind.

Student Expectations

To be successful in Adaptive Physical Education students will:

- Be on time to class
- Be dressed out and ready to move
- Follow all safety rules
- Participate in class activities with a positive attitude
- Have fun while getting fit!

EXTRA RULES

- Bottled water is recommended, no other food or drink allowed
- No gum allowed in class
- No dangly jewelry
- Please leave ipods, mp3 players and other electronic devices in the classroom or your locker
- We will be going outside, please have appropriate clothing for all types of weather

Communication

Students and Parents are encouraged to monitor their own grades through Parent Interent Viewer. Teacher communication can be made through email, phone, conferences or setting up specific meeting times.

Building Behavioral Expectations

TEAM GH ... One Team, One Family, One Grand Haven. Be Kind. Always.

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

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Grading Policy

- *Participation- staying on task and showing effort daily
- *Responsibility- being on time, dressed out, following all instructions and safety rules, respecting others
- *Teamwork- working together and encouraging one another

Scope and Sequence

Skills covered: basketball, dance, volleyball, floor hockey, soccer, cardio fitness, tennis, flag football, swimming, team building activities, lifelong outdoor activities, badminton, track and field, yoga

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