**Physical Education Course 2 Syllabus**

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**Course Description:**

Physical Education Course 2 is sequential, developmental and acknowledges individual patterns of physiological and psychological growth and delineated grade level expectations. It allows students to extend the high school physical education experience and expand student content knowledge, motor skill and aesthetic value of movement which support student health literacy, wellness, efficient and expressive movement, self-discovery and pro-social competence. The course will include instruction, learning, and assessment in the following content areas:

* Effects of physical activity upon dynamic health (health related fitness)
* Mechanics of body movement
* Combative
* Individual and dual sports
* Team sports

This course is designed for students in grade 10 and beyond. During Course 2, students will have the opportunity to learn through a comprehensive, sequentially planned Physical Education program. Students will be empowered to further define and meet their personal goals to improve fitness and enhance performance in physical activities for a lifetime. This course will also prepare students who did not previously pass the state mandated physical fitness test in the 9th grade to be able to meet the requirement.

**Objectives:**

* Students will increase their knowledge on the mechanics of body movement and how it enhances their fundamental skills for dual activities and team sports throughout the school year.
* Students will participate in an Aquatics unit in which they will review water safety and basic swimming as they prepare to learn more detailed swimming skills such as breathing under water, freestyle stroke, and the backstroke.
* Students will participate in combative lessons where they will develop self-defense, wrestling and or MMA knowledge and skills.
* Students will participate in team sports such as basketball, volleyball, soccer, ultimate frisbee, flag football, where they will learn teamwork skills, communication skills, fundamentals, game strategies and hopefully an interest for school team sports or intramural activities.
* The students will be graded by their ability to perform the fundamental skills being taught and their progress and achievements that take place during each unit, their willingness to participate in each unit, and knowledge of presented materials.

**Materials:**

Students must be dressed for PE every day.

* Saddleback PE clothes or exercise appropriate (GREEN, GRAY or GOLD) T-shirts and shorts (free of logos) are required. NO black clothing allowed, and NO black leggings or short shorts allowed.
* Sweats (GREEN, GRAY or GOLD) and school appropriate sweaters are only allowed during cold weather or for personal reasons with parent request and/or teacher consent.
	+ If PE clothes are forgotten, student must request LOANERS from our equipment manager providing school ID or a personal item.
* If PE clothes are lost or stolen, it is the student’s responsibility to replace them as soon as possible.
* Students must wear athletic footwear for physical activities (no Crocs or open-toed shoes).
* Locks are required to safely lock belongings in assigned locker. The school is not responsible for lost or stolen items. Always double check that lockers are locked before leaving the locker room.
* Writing materials and/or chrome books will be required upon teacher request.

**Assessments:**

Students will be assessed on the following:

* Daily active participation to the best of their ability.
* Knowledge of exercises and sports, skills, proper form and individual progress on fitness days.
* Fundamental skills, homework, and final exams.

**Grading scale/Categories:**

Participation/Classwork 60%

Physical fitness: 30%

Final exam: 10%