

# MS/HS Physical Education

Bellevue High School

Mr. Knake  
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## DESCRIPTION

- Learn skills and technique which will allow a person to successfully participate in lifelong activities
- Teach health and wellness
- Model and teach leadership and sportsmanship

## STANDARDS

### National Standards

1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns
2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. The physical literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
4. The physical literate individual exhibits responsible personal and social behavior that respects self and others
5. The physical literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression, and/or social interaction

## UNITS

- Weight Lifting and fitness unit (1, 2, 3, 4, 5)
  - Lifting techniques (squats, single leg, lunges, front squats, calf raises, bench, incline, curls, triceps, etc)
  - Cardiovascular workouts (band assisted running, fartleks, wickets, sprints, etc)
  - Abdominal workouts (plank, core, sit-ups)
- Team Games Unit (1,2,3,4,5)
  - Frisbee golf, ultimate football, Volleyball, Basketball, Badminton, pickle ball, Sleigh riding, Bowling, Soccer, Golf, Hiking, Softball
- Writings (1, 5)

## BEHAVIOR

1. Class Conduct
  - Language- no cursing, or inappropriate language
  - Bullying- Do not make any student feel uncomfortable in PE
  - Equipment- Abuse or break, you will be billed for the damages
  - Cell Phones- Not allowed, put in a bin or locker
  - Respect- respect teacher, locker rooms and other students

## GRADING

### Grades

- Students will receive 4 points every class period. It is up to you not to lose any. Points can be taken off for dressing out, behavior, effort, language, and participation.
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### Uniform

- Athletic shorts or loose fitting sweat pants, separate pair of gym shoes

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- No sandals, flip flops, tank tops, cut off shirts, inappropriate shirts
- Students who decide will automatically lose 1 point but if do everything else can still get 3 points. Students are not allowed to go to study hall unless they have a B or higher
- Every week there will be a writing assignment emailed to you. You will have to go into google classroom to respond to the writing assignment. You must write 5-8 sentence to get full credit. Each assignment will be worth 4 points. These will be due by 8 AM on Wednesday mornings.

## GRADING SCALE

Grading Weights:

- Process = 70%
- Class Activities
- Content = 30%
- Writings

Grading Scale:

- 100 = A+  
92 = A  
90 = A-  
88 = B+  
82 = B  
80 = B-  
78 = C+  
72 = C  
70 = C-  
68 = D+  
62 = D  
60 = D-  
59 = F

**LATE WORK** Students can do any writings late for half credit, and then do a 1 page paper over any topic and relate it to your physical or emotional health.

**MAKE UP WORK** Students can make up any physical education class during early bird, study hall, or make it up at home. Home workouts consists of an email of what you did and a picture after you workout. The workout needs to include at least 15 minutes of cardio and 15 minutes of weight lifting.

**CHEATING AND PLAGIARISM** Cheating from another student, book, and notes are a major offense. If caught cheating the student will lose credit for the work. If a student is caught cheating with another student, BOTH students will lose credit.

Plagiarism is when a student does not give credit to an author or producer of a piece of work (i.e. music, books, magazines, websites, etc.) If a student is caught plagiarizing the student will lose credit for their work. This is an easy punishment (Colleges today, kick students out for plagiarism)

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**TECHNOLOGY** We will be utilizing Google Classroom everyday in our classroom. Inappropriate use of technology will lead to 0/9th Block.