

**12th, 11th, 10th & 9th PE Syllabus SY 2023-2024**

**Ms. Morgan & Dr. Carfley**

[**bmorgan@nps.k12.nj.us**](mailto:bmorgan@nps.k12.nj.us) **acarfley@nps.k12.nj.us**

**Google Voice/Text 732-893-7178**

**Office Hours: By Appointment Only**

[**https://nboe.webex.com/meet/bmorgan**](https://nboe.webex.com/meet/bmorgan)

**Period 1 8:20 am - 9:05 am Grade 12**

**Period 3 9:49 am - 10:29 am Grade 11**

**Period 8 1:18 pm - 1:58 pm Grade 10**

**Period 9 2:00 pm - 2:40 pm Grade 9**

**Back to School Welcome Letter**

**Welcome back to the 2023-2024 School Year. We are excited to have a fun and productive year in the gym and in the health classroom. Ms. Morgan is new to the district for the 2023-2024 School Year and Dr. Carfley is returning after starting at EA in April of last year. We are here to answer any questions and help our Eagle Scholars. We look forward to meeting and working with all of you.**

| **Course & Grade**  **Level** | PE IV  Course: PE11401  PE III  Course: PE11301  PE II  Course: PE11201  PE I  Course: PE 11101 |
| --- | --- |
| **Room #** | Ms. Morgan Room & Dr. Carfley’s Classes will report to the Eagle Academy Gym |



**Course Description**

NBOE Physical Education Curriculum guide is designed to provide the district’s Physical Education teachers with a game plan to introduce, develop and reinforce a myriad of movement concepts, sports skills, physical activities and health-related tests to raise physically educated and physically fit

citizens.

Physical Education (PE), as per SHAPE America develops the physically literate individual through deliberate practice of well-designed learning tasks that allow for skill acquisition in an instructional climate focused on mastery.

Physical Education emphasizes a personal commitment to lifetime activity and fitness for enjoyment, challenge, self-expression, and social interaction. This course provides students with opportunities to achieve and maintain a health-enhancing level of physical fitness and increases their knowledge of fitness concepts. The curriculum is designed to help prepare all 9th -12th grade students to attain healthful, active and satisfying lifestyles. The courses include: health-related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition), aerobic exercise, team sports, individual and dual sports, outdoor pursuits, dance, and recreational games. Secondary PE teaching models such as the sports education and tactical approach are used to create opportunities for and encourage student autonomy, leadership, independence, and cooperation.

Ongoing assessment includes both written and performance-based skill evaluations. This course will also include a discussion of related careers. Included are a variety of seasonal activities such as conditioning, weights, softball, football, basketball, racquetball, volleyball, floor hockey, badminton, tennis, golf, and swimming.



| **Required Materials** | \*Students must change out of their school uniforms for PE\*  Required Clothing  -Athletic Shoes that tie ( No Crocs or slip on shoes)  -Athletic shorts or sweats (Pants must be worn at waist/no underwear can be shown)  -Blank or Eagle Academy T-Shirt/Sweatshirt  No phones, headphones/airpods, tablets, gaming systems will be allowed in the gym. Using these items during class will result in loss of points of the day and disciplinary actions. |
| --- | --- |
| **Policies &**  **Procedures** | Students will follow all classroom guidelines in addition to the guidelines of the Student Rights and Responsibilities handbook. Confidence Leadership Effort Academic Excellence Resilience - Culture of Completion opportunities. We will do things the C.L.E.A.R. Way each and every day so we can SOAR as EAGLES! Classroom Guidelines:  Be Respectful  Be Responsible  Be on Time & Stay on Task  Contribute Positively to our Learning Environment |
| **Grading Policy**  **Attendance &**  **Tardiness Policy** | **Category Percent of Grade**  **Summative Assessments 70%**  **Formative Assessments 30%**  **Daily Point System**  5 points - Attendance/On Time  5 Points - Preparation /Appropriate attrite as detailed above  5 Points - Participation /Active participation is required throughout class  Attendance and punctuality are necessary for successful completion of this course. In the event that you have an excused absence it is your responsibility to obtain make-up work and/or reschedule any missed assessments. |



| **Classwork &**  **Homework Policies** | ▪ All assignments must be turned in on time. Late assignments will be accepted under the following conditions: a) the assignment is submitted at the beginning of the next class session, immediately following the due date [10 points will be deducted from the earned grade] **AND** b) the assignment has not been reviewed in class or graded/returned by the teacher.  ▪ All essays and research papers must be typed in MLA format. ▪ Students are required to rewrite all essays that receive a grade below 70% ▪ You must read the assigned literature selections and actively participate in class (discussion, activities, group work, etc.).  ▪ Students will be required to adhere to the following guidelines for handwritten assignments:  **o** Use blue or black ink **(assignments written in pencil or other colors of ink will not be accepted)**  o Left and right margins must be observed  o Loose-leaf notebook paper must be used  o Written work must be legible and neat | | | |
| --- | --- | --- | --- | --- |
| **Course Timeline** | | | | |
| **MP #1:**  **September 5, 2023 - November 9, 2023** | 9th Grade | 10th Grade | 11th Grade | 12th Grade |
| Movement Skills & Concepts | Movement Skills & Concepts | Movement Skills & Concepts | Movement Skills & Concepts |
| **MP#2:**  **November 10, 2023 - January 28, 2024** | 9th Grade | 10th Grade | 11th Grade | 12th Grade |
| Physical Fitness | Physical Fitness | Physical Fitness | Physical Fitness |
| **MP #3:**  **January 29, 2024 - April 12, 2024** | 9th Grade | 10th Grade | 11th Grade | 12th Grade |
| Physical Fitness | Physical Fitness | Lifelong Fitness | Lifelong Fitness |



| **MP #4:**  **April 13, 2024 - June 21, 2024** | 9th Grade | 10th Grade | 11th Grade | 12th Grade |
| --- | --- | --- | --- | --- |
| Lifelong Fitness | Lifelong Fitness | Lifelong Fitness | Lifelong Fitness |
| **Assignments:** | <https://sites.google.com/nps.k12.nj.us/curriculum-resources/health-physical-education-and-athletics> | | | |
| **Student Signature** |  | | | |
| **Parent Signature** |  | | | |
| **Incentivize** | Ex: Students will receive 10 points if this form is signed and returned to class by 9/21. | | | |

*Ms. B. Morgan & Dr. A. Carfley*

*Teachers of Health and Physical Education*