



Physical Education Syllabus

Course Description:

Physical Education encompasses learning how to live and maintain a healthy lifestyle. This course covers physical fitness, why it is important, how to have a healthy attitude, and how to stick with a healthy game plan. In this ever-changing world, physical fitness becomes more important and more difficult to find the time for. This course allows the student to discover how to make physical fitness not only a part of their daily life, but also see that it is attainable. This course leads the student to discover healthy behaviors and sets the tone for physical fitness as well as healthy exercise. PE for a Healthy Lifestyle will examine the emotional, physical, and scientific factors that influence physical performance. This course is designed for anyone, ranging from the beginner to advanced abilities.

This is a semester course.

Additional Materials Required:

- none

Student-Teacher Conferences:

Office Hours. Students can schedule up to three (3) Student-Teacher Conference over the duration of the course. These meetings are optional, and attendance will not affect your grade.

To schedule an office hour with your teacher to please visit the Student Resources page on waonline.org.

Washington Academy Grading Scale:

A = 100 - 93

B = 92 - 85

C = 84 - 76

D = 75 - 70

F = 69 or less

Coursework Overview

○ **ASSIGNMENTS**



Assignments are completed by the student through fillable PDFs which they can fill-out, save to computer, then upload to in the Learning Management System. Assignments are typically found throughout the course(s) and can be opened by clicking the “**Activity**” button when prompted to do so. Assignments will be graded by your teacher.

○ **ASSESSMENTS**



Assessments, or Quizzes, are predominately computer graded and will test your knowledge of the content of each Section upon completion.

○ **EXAMS**



At the end of each Unit, Semester and the Course, you will need to complete an Exam.

○ **PARTICIPATION**



Participation grade is determined upon the completion of the “End of Course Survey.” Participation in Discussion boards or Office hours does NOT affect your grade.