

SYLLABUS FOR PHYSICAL EDUCATION

Freshmen—First & Second Semester

Sophomores--Second Semester

School Mission Statement: To challenge you to grow in knowing, loving and serving God and others.

Course Description: In 1 Corinthians 3:16, we read “you yourselves are God’s temple.” Christian education is concerned with the unique development of each student to serve God and others as can be seen in our mission to challenge students to grow. That education promoting growth includes physical education where you will learn that your body is important. Because the body is an integral part of us all, we being created in the image of God, should value the body as a God-given possession through which we live the Christian life. The task of physical education is to educate you in the proper use of the body. To help you train and keep your bodies fit, instruction will be given in the development and care of your body ranging from simple calisthenic exercises to units providing knowledge and skills of athletic games and activities. Physical education will also include decisions and actions that pertain to health, fitness, and Christian work and leisure. In your play and activity, you will be encouraged to be honest, unselfish, disciplined, helpful, and respectful to those you compete and participate with.

Instructor: Darrel Ulferts
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Teaching: Physical Education will be taught every Monday, Wednesday, and Friday each week unless prior arrangements are made and announced.

Our PE classes will be held in the gym, weight room, and/or outdoors depending on the weather. All classes will begin with dressing properly for active intensive play. All classes will start with a conditioning and flexibility time to help students build endurance and prepare their body for the activity for that day.

Goals:

1. Students will see how physical activity helps develop the total human being.
2. Students will learn how to play many individual and team sports.
3. Students will see how a life-long exercise and activity promotes the “temple of the Lord.”
4. Students will see competition as a means of bringing out the best in themselves and in others.
5. Students will display Christ-like sportsmanship and actions.
6. Students will increase their understanding of muscular and fitness activities.
7. Students will play hard and enjoy the activity.
8. Students will be respectful to their teachers, classmates, and equipment at all times.

Course Activities

1. Speed-A-Way
2. Polo
3. 2 ball indoor soccer
4. Variations of indoor kickball
5. Indoor tennisball
6. Fitness Tests
7. Indoor Lacrosse
8. Floor Hockey
9. Winter Olympics
10. Badminton
11. Zumba
12. Table Tennis
13. Whiffle ball
14. Softball
15. Frisbee Golf

Assessment Plan and Policy:

Physical Education is a pass/fail course. Full participation and proper dress is required for a passing grade. Students not actively participating will be given a verbal warning. Proper dress includes:

1. gym shoes
2. T-shirt
3. Sweat pants or gym shorts. School clothing and or jeans are allowed.

All students that are not able to participate because they are not feeling well or injured but still in school, will be assigned to the media center to prepare a report on an assigned activity. The report must be completed on Google docs and shared with Mr. Ulferts (dulferts@swmch.org) before credit will be given.

Students with a total of five or more absentees/improper dress violations/missing reports in a 9 week period will receive a fail for the 9 weeks. Students that have met the participation standards for the course and have less than 5 absentees/improper dress violations/missing reports in each grading period will receive a "pass" and receive full credit for the quarter.