

## 9<sup>th</sup> Grade Physical Education General Class Information

The Physical Education classes stress the importance of cooperation through activities that promote group awareness and leadership. Student fitness levels are a priority with participation emphasized over performance.

### COURSE CONTENT:

|                       |                 |            |
|-----------------------|-----------------|------------|
| Tennis                | Dance           | Archery    |
| Physical Fitness      | Gymnastics      | Basketball |
| Touch Football        | Badminton       | Softball   |
| Track & Field         | Broomball *     | Soccer     |
| Swimming              | Floor Hockey ** | Rec. Games |
| Golf (additional fee) | Team Building   | Volleyball |
| Weight Training       |                 |            |

\*Broomball students are be required to wear helmets.

\*\*Floor Hockey students are required to wear safety goggles.

Note: All students are required to swim. Those students who are excused for medical reasons will be required to make up pool time after school in order to earn back participation points. Because of the importance of the swimming unit, the participation points are doubled.

### CLASS MATERIALS (To be kept in your Physical Education locker)

All students in Physical Education must provide appropriate activity clothing. The clothing must be comfortable, safe, and clean. Clothing must fit so that undergarments are not visible. Sweatpants or windbreaker pants may not drag on the floor. Students who are not dressed properly for each activity will lose participation points and/or possibly disciplinary action.

1. TENNIS SHOES AND SOCKS
2. SHORTS (no jeans) & T-SHIRT (with sleeves)
3. SWEATSHIRT 7 SWEATPANTS/WINDBREAKER PANTS (no jeans)
4. EXTRA CLOTHING FOR COMFORTABLE OUTSIDE PARTICIPATION (hat, gloves, extra socks)
5. DEODORANT
6. SWIMSUIT, TOWEL & PLASTIC BAG (to be brought to school during the swimming unit)

\*\*Old, inexpensive clothing is highly recommended. Clothing often gets grass stained, torn, or lost!

### GRADING PROCEDURES:

30% of your grade is based on written quizzes, which cover the rules, safety procedures and basic strategy in each unit.

70% of your grade is based on participation, which includes arriving to class on timer, properly dress, active involvement in the activity, and cooperation with the class.