

Sweetwater Union High School District
Mar Vista Academy

Course: 7th and 8th grade Physical Education

Department Philosophy

Our goal is to develop physically fit bodies as well as physically active, alert and creative individuals. This goal will be achieved by having students develop healthy lifestyle skill through participation in team and individual sports and activities as well as learning the proper techniques for fitness training.

Course Description

Movement skills, movement knowledge, social development, self-image and personal knowledge as well as academic literacy, respect and individual responsibility and an understanding of the process of human growth and development are some of the major goals in the California State PE framework.

Course Outline

Each class will participate in a number of 3-4 week units pertaining to a number of individual or team sports or skill sets. These may include but are not limited to:

Flag Football	Team Handball	Weight Training
Soccer	Gymnastics	Circuit Training
Basketball	Track and Field	Racketball
Volleytennis	Frisbee Skills	

Each class will also participate in one extended fitness run each week. This may either be a timed mile run or running/walking for a total of 20 minutes with a minimum requirement of 4 laps completed.

Running Day Grading Rubrics for 20 Minute run:

of laps

6-above =A

5 =B

4 =C

3 or less =F

Grading Policy

Progress report grades will be mostly based on participation and progress as well as some written work which may include quizzes, worksheets, and their personal fitness plan. The percentage breakdown for a final grade is as follows:

% Breakdown

Fitness and Running	30%
Team Sports and Activities	30%
Attendance/Dressing/Participation	30%
Writing assignments	10%

Grading Scale

A= 90-100%
B= 80-89%
C= 70-79%
D= 60-69%
F= 59% or lower

If you have any questions, comments or concerns please feel free to contact me in the Physical education Department at any time.

Tom Swalley

619-628-5192