



PHYSICAL EDUCATION SYLLABUS

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“Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased as a price. Therefore, glorify God in your body.”

-1 Corinthians 6:19-20

IMPORTANCE OF PHYSICAL EDUCATION

Physical Education is an integral part of the Catholic school’s total education program. Recognizing God’s gift of life and movement, participation in physical activities contribute to the acquisition of physical, social and psychological health. In an atmosphere that encourages self-confidence, students are able to make decisions, work cooperatively and engage in new experiences which will enable them to make healthy lifestyle choices. – *Diocese of Wilmington*

PHYSICAL EDUCATION CURRICULUM

Physical education at MBS is a mixture of structured and unstructured play. Creativity, teamwork and empathy are at its core. It is taught in conjunction with the Diocese of Wilmington Physical Education curriculum, Maryland State Physical Education Standards and the Long-Term Athlete Development (LTAD) model. Classes will include the following types of activities:

Games: Modify existing games and creating new games. Categorizing games. Identifying and developing appropriate skills and strategies. Recognizing the importance of rules and how they define the nature of a game.

Adventure Challenge: Challenges that require groups to work collaboratively to solve problems and accomplish a common goal. Recognizing the role of the individual in group problem solving.

Movement Composition: Recognizing that movements can be lined together and refined to create a sequence of aesthetic movements. Movements can be in response to stimuli and can communicate feelings, emotions and ideas.

Individual Pursuits: The development of basic motor skills and the body’s capacity for movement through locomotor skills and/or experiences.

Health-Related Fitness: The body’s response to exercise including the interaction of body systems and the development of physical fitness. Appreciating and recognizing the importance of maintaining a healthy lifestyle.

CLASS EXPECTATIONS

On the days that your student is schedule for PE, please make sure that they are prepared with the following items:

- MBS Physical Education Uniform
- Athletic Footwear (sneakers)
- Dress for the weather (be prepared to go outside)
- A positive, respectful attitude and an open mind

* Long hair should be secured back with bands or clips.

* Jewelry should not be worn during Physical Education.

GRADING POLICY

Students will have the opportunity to earn 10 points in each Physical Education class. An accumulation of points throughout the marking period will determine the student's grade. The grade given in Physical Education will follow the MBS grading scale (P, G, S, I, N). The points earned each class period will be based on the following:

Dress (2pts): The student has the right shoes and dress for the weather/activity.

Participation (2pts): The student comes to class and gives 100% in all class activities.

Cooperation (2pts): The student is a team player and cooperates with all students/teacher.

Application (2pts): The student incorporates the introduced PE skill/concept into the PE activity.

Safety/Respect (2pts): The student follows all safety rules. The student respects themselves, others and the environment.

CLASSROOM BEHAVIOR PLAN

MBS's progressive discipline method in Physical Education is called "Three Strikes".

- **Strike One:** Teacher provides student a non-verbal warning.
- **Strike Two:** Teacher provides a verbal warning.
- **Strike Three:** Teacher must still remind the student of appropriate behavior; the student will sit out for an activity.
- **You're Out:** After a fourth reminder, the student's parent will be contacted, and the student may go to the office.

INJURIES/SICKNESS

Students are excused from class activity if a written note from a parent or doctor is provided. The student's grade for the day is not negatively impacted.

IMPORTANCE OF PLAY

Play is so important in child development that it's been recognized by the United Nations High Commission for Human Rights as a right of every child. Throughout most of history, kids have spent hour after hour playing with parents, siblings and friends. We in the United States have been gradually reducing children's opportunity to play. Over the same decades that children's play has been declining, childhood mental disorders have been increasing. The decline in opportunity to play has also been accompanied by a decline in empathy and a rise in narcissism.

At play, children learn the most important of life's lessons, the ones that cannot be taught in a regular classroom. Society needs more people who ask new questions and find new answers, think critically and creatively, innovate and take initiative. A great deal of research has shown that people are most creative when infused by the spirit of play, when they see themselves as engaged in task just for fun.

Gray, Peter. "Children Today Are Suffering a Severe Deficit of Play- Peter Gray | Aeon Essays." *Aeon*, Aeon, 25 Feb. 2018, aeon.com/essays/children-today-are-suffering-a-severe-deficit-of-play.