**Mrs. Johnson**

**Syllabus for Marking Period 1 Online**

Physical Education

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Office Hours:  TBD

**ALL students in CMSD, in an entry level Physical education course, will follow the same standards.**

3. DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS: ● 3A, 3B

1. DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS: ● 1A, 1B

4. EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS: ● 4A, 4B

**Based on those standards I have prepared 4 Units for the first 9 weeks of school.**

* Well net   (exercise videos)
* Fitness-Activities: ● Five Components of Fitness ○ Vocabulary p. 1.7 ○ Advanced Cardiorespiratory Graphing Activity p. 1.11 ○ Advanced Muscular Strength and Muscular Endurance Tag p. 1.16 ○ Advanced Flexibility Activity p. 1.19 ○ Energy In/Energy Out p. 1.28 ● Circuit Training ○ Five for Life Circuit Training Manual ○ Darebee.com
* MOTOR SKILLS Physical activities to teach movement patterns. SOCIAL, EMOTIONAL & SAFETY SKILLS/ Possible Activities/Skills: ● Dance ● Jumps , Exercise

SOCIAL, EMOTIONAL & SAFETY Class Rules and Procedures: ● Student follow through and enforcement of: ○ Course Syllabus ○ Safety Rules ○ Class Responsibilities ○ Sportsmanship/Teamwork ○ Leadership ○ Conflict Resolution Refereeing: ● Teaching how to referee games ● Enforce game rules Coaching: ● Support ●

**Each of the Units will have different components.**

FITNESS

3A Options: ● ODE Physical Education Assessment 3A (Physical Activity Recall, Improvement Plan Development and Implementation) 3B Options: ● ODE Physical Education Assessment 3B (Fitness Plan Assessment) Resources: ● ODE PE Evaluations ● WELNET

MOTOR SKILLS

1A Options: ● ODE Physical Education Assessment 1A (Choice of Specialized Movement Patterns in Health-Related Fitness Activities, Specialized Locomotor Skills in Individual Performance Activities, or Movement Patterns and Dance) 1B Options: ● ODE Physical Education Assessment 1B (Choice of Invasion Games, Net/Wall Games, Striking/Field Games, and/or Target Games) 2A and 2B Options:

SOCIAL, EMOTIONAL & SAFETY

4A Options: ● ODE Physical Education Assessment 1A (Assessment of Students’ Safety and Self-Direction) 4B Options: ● ODE Physical Education Assessment 1B (Assessment of Students’ Cooperation, Respect of Others, and Resolving Conflict and Fair Play) Resources: ● ODE PE Evaluations

**Creation Activity**

*Students will CHOOSE ONE of three options for the unit.*

* Recreate a workout that you were given during one of your online days

**Physical Education Marking Period 1:**

**Structure:** The school day is 8:30-3:00

* Virtual PE classes are 30 minutes
  + Period 2 meets Live Advisory 9:20 -9:40 Monday and Thursday
  + Period 4 meets LIVE Sports & Licensure 10:41-11:01 Monday & Thursday
  + Period 5,6 meets LIVE 12:30-12:50 Tuesday and Friday
  + Period 8 meets LIVE 1:20-1:50 Tuesday and Friday
  + Period 9 meets LIVE 2:14 -2:44 Tuesday and Friday
  + Wednesdays are conference days and no classes are LIVE
* Activities will be posted in Schoology for the week to be completed on days you are **not** in LIVE classes

**Online Norms**

In this virtual PE class:

1. **Be Respectful *Your*** *words and interactions are recorded, make sure you represent yourself in a positive way; this is new for everyone, its ok to mess up and be kind to those that do mess up. Pay attention to the speaker.*
2. ***Be Responsible****Do your best to follow your schedule; be on time; submit lessons; find a space with the least distractions; reach out for help or to communicate challenges; participate*
3. **Be Aware** When you are LIVE with a teacher you are in school. Be aware of your language when you speak or in chats, don’t share inappropriate images or videos, no hand signs (thumbs up/down are ok!), no dancing, appropriate clothing and environment.

**Consequences:**

If you violate Respectful/Responsible/Aware there will be consequences:

* **One: 3 Warnings:** as we adjust to the LIVE environment you (or I) might make errors . It's OK. You will be issued warnings and a chance to apologize and redeem yourself. Actions will be recorded. A one-on-one meeting or formal warning will be issued as needed. If it is evident that the actions are on purpose, repeated, disruptive and without guilt then I will move to number 2.
* **Two: Parent Contact:**  If it is evident that the actions are deliberate, repeated, disruptive and without guilt I will contact your parent/guardian. If actions do not improve then I will move to number 3.

**Three: Reporting Actions:**  If it is evident that the actions are repeated, disruptive and without guilt and I have issued a formal warning or one-on-one conference and contacted the parent/guardian, Mrs. MIller and/or Mr.Towns will be contacted for disciplinary action. Remember classes are RECORDED