

MILLEDGEVILLE HIGH SCHOOL
Physical Education

Syllabus

Course Title: Physical Education

Text: None

Course Description: The Physical Education course of study is an activity based, co-educational program. During each school semester, students are provided the opportunity to participate in numerous activities:

- | | |
|------------------|------------------|
| 1 Outdoor Soccer | 9. Indoor Soccer |
| 2 Flag Football | 10. Floor Hockey |
| 3 Tennis | 11. Eclipse Ball |
| 4 Golf | 12. Pickle Ball |
| 5 Conditioning | 13. Badminton |
| 6 Softball | 14. Floor Games |
| 7 Volleyball | 15. Field Games |
| 8 Basketball | |

Course Goals and Outcomes:

The overall goal of the Physical Education Department is to promote a healthy generation of students who are able to achieve to their highest potential. The goals are:

- Students will become problem solvers in their physical education activities. Students learn how to move quickly and decisively in game, how to deal with their opponents in sports and how to gain advantage and respond to changing situations.
- Students will demonstrate their skill of the required physical activities and sports.
- Students will demonstrate collaboration skills by working on teams to achieve specific objectives and common goals.

Grading Scale:

93 -100	A	70-76	D
85 - 92	B	0 -69	F
77 - 84	C		

**Milledgeville High School Student Physical
Education Learning Objectives and Assessments**

**MHS Student
Learning Objectives**

- * Students practice and perform skills efficiently in a variety of leisure activities, sports and work-related activities.
 - * Through individual and group activities, students analyze various movement patterns for efficiency and effectiveness.
 - * Students demonstrate rules of safety in their activities.
 - * Through participation in selected sports the student demonstrates knowledge of basic offense, defensive and cooperative strategies.
-
- * Students will participate in health-enhancing levels of physical activity.
 - * Students will participate in a progression of Activities that will maintain or improve personal Fitness levels.
 - * Students will perform physical activity that will benefit cardiovascular fitness, flexibility, muscular strength and muscular endurance.
 - * Student interprets the effects of exercise/physical activity regarding the level of health-related fitness.

**Illinois Learning
Standards**

State Goal 19:

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

State Learning Goal 20:

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

Assessments

Assessments:

- * Participation and performance assessment.

Assessments:

- * Participation and performance assessment.

**Milledgeville High School Student Physical
Education Learning Objectives and Assessments (page 2)**

**MHS Student
Learning Objectives**

- * Students demonstrate decision-making skills both independently and with others during physical activity settings.
- * Students apply identified procedures and safe practices to all group physical activity settings.
- * Through competitive and non-competitive situations, students demonstrate the ability to work cooperatively to achieve established group goals.

**Illinois Learning
Standards**

Goal 21:
Develop team-building skills by working with others through physical activity.

Assessments

Assessments:
* Participation and performance assessment.