

10th GRADE PHYSICAL EDUCATION

Mr. Arendt

Topics covered:

10th grade PE mainly involves individual and lifetime activities. These activities could include: Ultimate Frisbee, Disc Golf, Tennis, Badminton, Pickle ball, Weight Training, Archery, Geocaching, Biking, Rollerblading, Golf, Bowling, Cross Country Skiing, Snowshoeing, Swimming, Yoga/Pilates, Cardiovascular Activities, Plyometric Activities, and more!

Materials needed:

1. Tee shirt or sweat shirt. No cut-offs or tank tops
2. Shorts or sweat pants. No cut-offs, jeans or zip offs
3. Socks
4. Shoes – soft sole, athletic footwear. (could be daily wear)

ASSESSING:

10th Grade Physical Education standards.

(Chilton Standard 1) Develop and use appropriate models

- 1:4:A1-Demonstrates proper mechanics needed for success in target sports.
- 1:4:A3- Demonstrates mature form while striking objects in a variety of racquet sports.
- 1:4:A4- Operates a bike, kayak, or canoe safely and skillfully in a natural environment.
- 1:4:B2- Executes a variety of shots while participating in racquet sports.
- 1:4:B6- Supports teammates by movement and spacing in invasion, net and field games.

(Chilton Standard 2) Obtain, evaluate, and communicate

- 2:4:B1- identifies biomechanical principles related to striking, throwing, catching and kicking skills.
- 2:4:B6- Self-assesses performance and makes appropriate corrections.

(Chilton Standard 3) Analyze and interpret

- 3:4:A1- Participates willingly in a variety of physical activity.
- 3:4:A3- Participates in health-enhancing lifetime activities that can be pursued in the community as well as the school.
- 3:4:B2- Compares health and fitness benefits derived from various physical activities.

(Chilton Standard 4) Develop and use appropriate models)

- 4:1 Works with peers willingly
- 4:2 Exhibits respectful, mature behavior.
- 4:3 Self-assesses heart rate before, during, and after various physical activities.
- 4:4 Demonstrates consistent decisions to ensure safety of self and others.

Scoring Policy

10th grade PE students will follow a standards-based learning policy. You will be scored on the Wisconsin State PE Standards. We will follow this tiered scoring system:

- 3 - Meeting expectations
- 2 – Approaching expectations
- 1 – Attempting expectations
- INC – Incomplete

On all assessments, you will receive one of the above scores. Any Chilton or Learning Standard at an incomplete **MUST** be completed or you will Not pass the class. To pass the class, you need to have an overall score higher than 2.08, with no Chilton or Learning Standards less than Approaching Expectations.

Score reporting:

- At CHS we have Chilton Standards followed by Learning Standards.
- The overall course grade is the average of the Chilton Standard scores.
- Chilton standard scores is the average of the Learning Standards.
- Learning standard score is the average for all scores for that standard.
- All this will be calculated and reported using **POWERSCHOOL**.

Reassessment Policy:

Before you can reassess you must do one of the following:

- Set up time Before School/After School Instruction with Teacher.
- Review materials with Family member. Family member must sign off.
- After one of the above has been completed make arrangements with the instructor for retake.
- Students have the option of reassessing in different ways if necessary.

Reassessment deadline

- Students will have one week to start the reassessment process on anything that has been assessed. (starting from the date the feedback was given.)
- Students can reassess as many times as they'd like within the week state date.

If absent it is up to the individual to check with teacher for any assessment missed.

How to contact me

School email: arendtm@chiltonsd.org

School phone: (920) 849 – 2358 x 4388

Times available: Before school 7:30 am, After School 3:10 pm (when not coaching)

