**7th Physical Education ~ Course Syllabus**

Welcome to Riverview Physical Education

This is a 12 week class exploring the importance of physical activity focusing on four main areas:

1. C:\Users\wschlies\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\53EDCXD4\MC900151949[1].wmfFitness Knowledge
2. Cardiovascular Endurance
3. Muscle Strength/Endurance
4. Lifelong Activity
5. Adventure Education

**RIVERVIEW PE WEBSITE ~ hawkspe.weebly.com**

What we will learn…

* Fitness knowledge will include: 5 components of fitness, identification of 7 muscles, benefits of cardiovascular endurance and muscle strength.
* Development of independence in usage of FreeMotion strength training machines.
* Circuit training, agility, medicine ball and bosu conditioning for muscle endurance.
* Sportsmanship, game play, teamwork, problem solving skills and building self confidence in activity/games (ex. self officiate, game strategy)

Units

**Adventure Education**

(Rock Climbing, Belay Techniques, Rollerblading, Kayaking, Team Building Challenges)

**Racquet Sports**

(Badminton & Paddle ball)

**Lifelong Games**

(Ultimate Ball, Tchoukball, Hockey, Basketball, Team Handball, Invasion Games)

**Cardiovascular Endurance**

C:\Users\wschlies\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T9YY16GG\MC900412534[1].wmf(Heart Rate Monitors, Spin Bikes, Treadmills, Elliptical Machines, Walking)

**Muscle Strength & Endurance**

(Free Motion, Exercise Bands, Bosu Balls)

**Class Assignments**

**Assignments completed in class over the 12 weeks**

1. Ten cardiovascular days measured using heart rate monitors.
2. Ten strength training days (FreeMotion machines, bands, circuits)
3. Heart rate log entries.
4. Fitness knowledge assessments

Grading Scale

A = 94-100% C = 79-82%

1. = 93% C- = 78%

B+ = 91-92% D+ = 76-77%

B = 86 -90% D = 69-75%

1. = 85% D- = 65-68%

C+ = 83-84% F = 64% or below

Grades are based on student’s ability to meet different learning goals that include: knowledge targets, skill targets, reasoning targets and performance targets. Total points earned throughout the trimester will determine the grade.

How to contact Mrs. Schlies or Mrs. Krueger

**Mrs. Schlies -** phone: 920-892-4353 ext 2092 email: [wschlies@plymouth.k12.wi.us](mailto:wschlies@plymouth.k12.wi.us)

**Mrs. Krueger** - phone: 920-892-4353 ext 2096 email: [gmkruege@plymouth.k12.wi.us](mailto:gmkruege@plymouth.k12.wi.us)

WHAT YOU NEED FOR CLASS…

* C:\Users\wschlies\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XMSW860R\MC900440066[1].wmfGym Shoes (clean ones that stay at school)
* PE shirt – purchase in RV school office ($6)
* Shorts or athletic pants – no jean or skater type shorts allowed. Shorts should reach fingertips when arms are hanging at sides.
* Deodorant sticks – ***no aerosol or glass containers***
* One 12 pack of #2 pencils
* Field Trip/Day Permission Slip – returned first week of PE class

***\*\*All Items Should Be Brought To Class The First Day Of School***

**Sign and return to teacher by December 5**

**I have read the course syllabus for my PE class and have shared it with my parents.**

**I have signed up for REMIND text alerts for my PE class and so have my parents.**

**I have returned the PE field trip and field day permission slip.**

**Student Name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(WE ARE GOING GREEN ~ COULD WE PLEASE HAVE YOUR EMAIL)**

**REMIND PE TEXT ALERTS** - We feel better education depends on how well teachers, students and parents are able to connect with one another. PE text alerts will allow us to share important PE information with students and parents in a timely manner. **To sign up, please text @rvpe7 to this number 920-785-6433.** Upon receiving a reply, enter your first and last name. If your child has a cell phone, they should also sign up. This text communication is only one way.. You will not be able to reply to information sent. Please contact us by school email or phone for any questions or concerns.

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