

## Subsidiary Course Agreement / Syllabus

Course: PE Grade: 5

Student: \_\_\_\_\_

**Description of Semester Course:** Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. Students develop proficient movement; they expand their capabilities for independent learning, and they expand their capabilities for independent learning; and they examine practices that allow sound decision making to enhance successful participation in movement activities. 200 minutes required every 10 days in Physical Education or Adapted Physical Education. The level of instruction is intended to help students meet physical education content standards specific to each student's grade level. All students are required to complete two semesters each year according to directions below unless a doctor's excuse is submitted.

**Directions:** Students will submit a typed double spaced PE Reflection each month addressing the California Department of Education's *Physical Fitness Standards*. On or before each Monthly due date. Please include everything done during the month with details as to how much time was involved with the activities. The supervising teacher will assess for attendance credit and academic progress. The following are suggested monthly goals, objectives, methods of study, & expectations.

### Semester One and Two Topics and Content Standards:

California Physical Education Content Standards cover the following:

1. Students demonstrate the motor skills and movement patterns to perform a variety of physical activities.
2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
3. Students assess and maintain a level of physical fitness to improve health and performance.
4. Students demonstrate knowledge of physical fitness concepts, principles and strategies to improve health and performance.
5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
6. Students demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

### Objectives and Methods of Study:

- A) Students turn in a written PE/ Health Reflection.
- B) Assess in at least 100 words, a PE Reflection/ summary of what you did, the effectiveness of your physical activities and how you met your goals.

**Resources:**

- ♣ *Physical Content Standards*, California Department of Education, given out at enrollment and available online at <http://www.cde.ca.gov/be/st/ss/scmain.asp>
- ♣ Mt. Everest Academy Supervising Teacher
- ♣ FitnessGram

**Due Dates:**

See contract, Google Classroom, school website calendar.

**Evaluation criteria and methods:**

Attendance credit for each month and all assignments will be based on submission of monthly work by due dates listed on the assignment agreement. Work submitted after the due date cannot earn attendance credit. Academic evaluation will be based on Benchmark Tests and the quality and quantity of work submitted as outlined in the SDUSD Standards-Based Report Card. Students in grades K-6 are evaluated based on their performance and demonstration of competency in accordance with the *California State Content Standards*.

"AD"	= Advanced
"PR"	= Proficient
"BA"	= Basic
"BB"	= Below Basic
"NA"	= Not Assessed

We agree to complete the course as described in this subsidiary agreement. We have received a complete copy of the California State Content Standards for my child's grade level.

Supervising Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

**Schoolwide Learner Outcomes**

Communicate effectively through reading, writing, listening and speaking.  
Show evidence of flexible, critical thinking and solve problems independently and critically.  
Demonstrate the confidence, resilience, and self-esteem to succeed in life.  
Use resources, including technology, to locate needed information.  
Express a sense of global citizenship and personal integrity.