

Syllabus

Elementary Physical Education

Heritage Academy
A University-Model[®] School

I. Course Purpose and Content

This course has been designed to help students experience the following:

- To learn and improve physical fitness and sports skills through exercise routine, participation in the Presidential Fitness Challenge, and a variety of activities;
- To learn to participate in and be able to teach others recreational (life-time) games and skills;
- To help develop or improve rhythm through jump rope, jump bands, rhythm ribbons and aerobics;
- To practice **Christian character** in a social/recreational setting by exhibiting good sportsmanship, respect for referees, including others rather than forming and/or participating in cliques (I Sam. 16:7, James 2: 1-4 and 8-9).

II. World View Integration

Heritage Academy is committed to teach subjects in such a way that students develop a Biblical worldview out of which to act and think. In this course, as student look at what it means to be a healthy and active human being, they will be learning how God holds them responsible for the healthy treatment of their bodies (I Cor. 6:20) and how He desires them discipline their physical bodies and minds (I Cor. 9: 24-27, Micah 6:8) so they can experience physical and spiritual health.

III. Required Texts and Materials

No text is required for this course, but every student should come to class with a filled water bottle and wearing appropriate clothing and tennis shoes. Due to safety factors all students must wear tennis shoes or they will not be allowed to participate. Girls may wear dresses as long as shorts are under them, but I would prefer them not to, as dresses hinder movement and performance.

IV. Course Guidelines & Student Responsibilities

A. Attendance and Participation

Students must regularly attend class. As communicated in Heritage Academy's Family Manual, a passing grade given at the end of the semester generally assumes that an elementary student has attended at an elective for at least twenty-eight class periods during the semester. Failure to meet this minimum attendance requirement may result in an F being awarded and recorded on the student's transcript. Students will be expected to participate in all class activities and discussions and to honor and respect each other and the teacher in all ways that honor God.

B. In-Class Responsibilities

Students will be responsible for coming to class dressed appropriately and prepared to have fun. Participation in class is required by each student unless your child is excused by his/her doctor for health reasons. If your child is temporarily disabled, please send a note with the date and reason for the excuse. Please remember that sometimes the student can be allowed to participate in a limited way or may be feeling better by the time class meets.

Students will be expected to participate in all class activities and discussions and to honor and respect each other and the teacher in ways that honor God.

D. At-Home Responsibilities

Due to limited class time I am encouraging the students and parents to work on the Fitness skills for the Presidential Fitness Challenge and sport skills at home. An activity log will be sent home at the beginning of each month to record activities done outside of P.E. class, and they must be returned by the first of the following month. They will need to be practicing their sport skills and physical fitness skills at least 2 to 3 times a week and recording it on their activity logs.

D. Assessments

Students will be graded on their acquisition of skills and participation. The Presidential Fitness Challenge will be given once a semester.

E. Grading

All students will be receiving progress reports during the semester. Grades will be based on participation and attitude.

Grading Scale

(+)..... Excellent

(v)..... Satisfactory

(-)..... Needs Improvement

V. Parent Responsibilities

A. Embracing the University Model

University-Model Schooling at Heritage Academy is driven by two guiding principles:

- to preserve and strengthen God-ordained family relationships;
- to offer students the opportunity to achieve a high degree of academic excellence.

Heritage Academy operates as a University-Model School®, designed for families who want their students to flourish from a life anchored in the home yet still gain from the best aspects of traditional, classroom education. Courses offered at Heritage Academy occur every-other-day so that students may realize the benefits of qualified teachers and a focused learning community, yet continue to experience home as the primary, consistent base where parents remain their foremost guides for spiritual, social, academic, and character formation.

Parents, please consider ways you may maximize the benefits University-Model Schooling offers to your family. How can you as parents utilize the at-home study time this model provides to nurture deeper relationship and impart the faith, values, and life-patterns you desire your student to embrace?

B. Fulfilling the Parent Role

Within the University-Model School®, parents commit to fulfill a specified role related to each course in which their student is enrolled, as prescribed by the course’s description. Each role identifies specific responsibilities that the teacher relies on the parent to perform, thus facilitating effective home/school partnership whereby students are assured of receiving needed support. The designated parent role for this course is that of **“Parent Coach.”**

Parents must hold their children responsible by helping them set up a regular schedule to work on sport skills and fitness skills for each week. I am including the requirement sheet for the

President's Fitness challenge so you will know what goals they need to meet by October and April for the fitness test.

C. Monitor Gradelink and View Seven-Week and Thirteen-Week Gradelink Reports

As your student earns grades for completed tests, quizzes, and various projects and homework assignments, these will be recorded on **Gradelink.com** for you to view at your convenience. My general goal will be to post grades online within a week of their being awarded.

In Gradelink, missing assignments will also be noted. Please take time to follow your student's progress on Gradelink so that you can quickly recognize and explore/address areas of patterns of difficulty or concern that may appear and affirm positive accomplishments.

Gradelink Reports, which will include parent-directed comments related to your student's behavior and progress in class, will be ready for parents to view at the seven-week and thirteen-week point in the semester.

Please contact the office if you have not received your Gradelink login information.

D. Parent/Teacher Fellowship

I hope you will take time to come to Parent/Teacher Fellowship scheduled during the 7th week of each semester. This will give you and I brief opportunity to connect face-to-face and discuss your student's progress, making the most of the partnership that is so vital to students' success within the University Model®.

VI. Contacting the Instructor

Teacher contact information can be found on the weekly communication sheets or in the school directory.

Heritage Academy is a certified University-Model School® that exists to help Christian Parents prepare college-worthy, character witnesses for Jesus Christ.