



Loyola

HIGH SCHOOL

Loyola High School 2019-20 **PHYSICAL EDUCATION DEPARTMENT** **COURSE OUTLINE**

PHYSICAL EDUCATION – Program.

The Physical Education program at Loyola is designed to heighten the student's coordination, agility, muscular endurance and overall physical fitness. It also serves to further develop the student's sport specific skill set, within both a cooperative and competitive environment. The student is expected to demonstrate a sense of fair-play and sportsmanship. The understanding is that the student will accept the athletic ability and differences of his peers and work together with his teammates to attain desired outcomes.

PHYSICAL EDUCATION – Content.

The core content for a physical education class should include physical fitness, soccer, football, volleyball, basketball, wrestling / weight training, floor hockey, softball, and track and field. The materials needed for class include Loyola sportswear and appropriate running shoes. More information regarding the regulations for use of the gyms can be found in the Student-handbook.

PHYSICAL EDUCATION - Grading.

There is no formalized testing in Physical Education. The grades are participation centered and reflected upon a sliding scale. The scale is as follows:

100% = Exceptional participation and effort

95% = Outstanding participation and effort

90% = Excellent participation and effort

85% = Very good participation and effort

80% = Good participation and effort

70% = Satisfactory participation and effort

65% = Satisfactory participation in class but needs to supplement his fitness at home.

60% = Unsatisfactory participation and effort

50% = Unacceptable participation and effort

NB the participation grade is broken down under the following domains:

= class management: (uniform, lates, language, discipline, etc...)

= actively involved: (effort, remaining on task, etc...).

= other (respect, leadership in class, teamwork, etc...)