

Acton-Agua Dulce Unified School District
High Desert School 2024/25



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Physical Education Department Goals and Standards

The Physical Education Framework is a key and fundamental resource for developing quality physical education programs. The Framework describes a sequential, developmental, age-appropriate physical education program designed to provide students with knowledge and ability needed to maintain active, healthy lifestyles. In accordance with the Framework, the *major goals and State Standards* for the physical education curriculum are:

***Standard 1:** Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.*

***Standard 2:** Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activity.*

***Standard 3:** Students assess and maintain a level of physical fitness to improve health and performance.*

***Standard 4:** Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.*

***Standard 5:** Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.*

The vision of those who created these standards is for all students to be involved in physical education and to have fun while moving. Students who participate in quality physical education programs receive a variety of benefits, including:

1. the development of a variety of motor skills and abilities related to lifetime leisure skills;
2. an improved understanding of the importance of maintaining a healthy lifestyle;
3. an improved understanding of movement and the human body;
4. an improved knowledge of the rules and strategies of particular games and sports;
5. self-confidence and a sense of self-worth in relation to physical education and recreation programs.

Physical Education Methods of Assessment:

Each day, or class session, students receive a grade for a combination of participation, effort, attitude, proper dress, and being on time to class. If you sit out, you do not receive participation credit for the day. Students can only be excused from participation by a Dr. note (if multiple days) and/or parent-guardian note for a single day. A handwritten note or email from parent-guardian will be accepted. Students' sport skills / fitness improvement and general PE comprehension will be evaluated regularly by performance, projects, and tests.

Grading Practices

- Dress Out Participation, Effort, & Attitude = 65 %
- Assignments Skills-Improvement & Knowledge Check (Sport Related) = 15 %
- Assignments Fitness- Improvement & Knowledge Checks (Fitness / Health) = 15 %
- Final = 5 %

General Pacing Plan

Weeks 1-2	Weeks 21-22
★ Fitness / Baseline	★ Lacrosse
Week 3	Weeks 23-24
★ Group / Team Activities	★ Bowling / Badminton
Weeks 4-6	Week 25
★ Volleyball	★ Floor Hockey
Weeks 7	Weeks 26-27
★ Dance	★ Heart Health
Week 8-9	Weeks 28-30
★ Pickleball	★ Basketball
Weeks 10-12	Week 31
★ Soccer	★ Fitness Testing
Weeks 13-15	Weeks 32-33
★ Flag Football	★ Softball
Weeks 16-17	Weeks 34-35
★ Ultimate Frisbee	★ Track & Field
Week 18	Weeks 36-37
★ Fitness Testing	★ Olympic Week /Tourney Play
Weeks 19-20	Week 38
★ Hockey	★ Finals

Along with each sport drills and activities, all students will participate in "fitness days" each week. These fitness days will include several varieties of cardiovascular aerobic activities including: distance running, plyometric agility, and jumping rope.

Parent / Guardian Signature: _____ Date: _____