

St. Patrick's School Physical Education

Instructor: Mr. Ken Mulvihill

1. Physical Education Objectives:

The St. Patrick's School Physical Education program is designed to, first and foremost, develop the moral fabric of each and every student. Exercise activities provide a special opportunity to instill Catholic values, and impart life lessons on to children. Fostering virtue in the students will take precedence over all other objectives in our program. Related to faith formation, the next objective that will be pursued in our program is the students' psychological well-being. The students will be exposed to activities that will build a positive self-concept, cultivate respectful relationships with peers, and convey the understanding that consistent physical activity is exhilarating, and emotionally stabilizing. An additional goal that will be sought in our program is the development, and maintenance, of a health-enhancing level of physical fitness for each learner. The students will take part in a variety of activities, fitness and sports-based, that will help them to improve in the five components of physical fitness; cardiovascular endurance, muscular strength, muscular endurance, body composition, and flexibility. It is our firm belief that helping the students develop in these areas during their childhood years will build the foundation for a lifetime of bodily vitality. The final aim of our program is to develop the skill level, and knowledge, of a wide variety of sporting and exercise activities in the students. Studies in the field of sports psychology show that an individual is more likely to engage in an activity as their perceived ability in that activity increases. Thus, conducting lessons geared towards building student ability, and cognizance, will maximize their chances of adopting an active lifestyle over the long term. It is our sincerest hope that through their experiences in our Physical Education program, our students will be equipped with the faith, affect, fitness, skills, and knowledge necessary to maximize the quality of their lives.

2. Class Expectations and Grading Procedures:

There will be four core expectations that the students will be held accountable to; Preparation, Participation and Effort, Sporting Behavior, and Content Knowledge. Consequently, the students will be graded based upon how well they fulfill these expectations:

A. Preparation (25%)- Being prepared for class starts by arriving in a punctual manner. Students who consistently arrive late to class will receive point deductions in this area. Additionally, the students will be provided with a Physical Education uniform. The students must wear this uniform, along with sneakers, during class. Following these attire-based rules will not only minimize injury risks, but promote proper hygiene as well. Also in line with reducing the threat of injury, any jewelry that poses a potential risk must be removed prior to class. Any time a student fails to follow these attire-based rules, they will receive point deductions in this area.

B. Participation and Effort (25%)- The students must demonstrate a strong level of effort throughout each class. Students who are demonstrating a sub-optimal work ethic will not receive the maximum number of points in this area. If a student is unable to physically participate for a prolonged period of time, a physician's note should be provided to the school's health office.

C. Sporting Behavior (25%)- The students must demonstrate good sportsmanship at all times. Treating the instructor, teammates, and opponents in a dignified manner aligns with God's will for athletics. Improper physical contact, vulgar language, disrespectful comments, or distracting behavior will not be tolerated in any way. Instances of poor behavior will result in point deductions in this area.

D. Content Knowledge (25%)- In this domain, the student's overall level of performance, with an emphasis on skill development, will be evaluated. Additionally, the student's cognitive understanding of the concepts, principles, strategies, and tactics covered in class will be assessed. Assuming the preparation, effort level, and sporting behavior of a student are all strong, there's no reason why they shouldn't fare very well in this area as well.

I have read, and understand the St. Patrick's School Physical Education policies as outlined above:

Student Signature- _____

Parent Signature- _____

Date- _____