

## **PE (9-12) Syllabus**

### **ASSIGNMENTS**

The assignments in this course are designed to create an awareness of a healthy lifestyle and to help you become healthier by trying new exercises and becoming more active.

1. **Activity Log (80%):** You are responsible for logging all your physical activities in the log. Please be certain that your activities are worthy of the credit you are trying to obtain. To pass this class you must complete your activity log. Please see the following log to understand acceptable exercises for this course. If you have ANY question about whether an activity will count, please contact us BEFORE you log it into your log. (425) 535 3094
2. **Parent/Guardian Sign-off:** Once you have completed all of your activity log we need to hear from your parents that you did in fact complete all of the hours you logged. You will not receive credit for your log without parent approval.
3. **New Activity (10%):** As part of this class, you must try at least ONE activity you have never done before and write a one-page essay about the activity. For example, if you have never been hiking, kayaking, dancing, or played pickle ball, give it a try, then write about your experience. Describe the new activity? Did you enjoy it? Is it a group or individual activity? What aspect of the exercise was most/least appealing? Will you do it again?
4. **Reflection Paper (10%):** This is your final assignment. Please review your activity log and new activity essay. What have you learned about your physical activity this semester? Did anything surprise you? If you play a sport, how was the season? What aspect of the sport was your focus? If you are not particularly athletic, has this course made you more active? If so, will you continue? Why or why not? What did you learn about yourself through this class? Answer these types of questions in a one-page essay and include it with your Physical Activity Log.

## **GRADING**

This course allows you to either choose to take a grade on the full-scaled systems (A-F) or accept a PASS/FAIL grade, which MUST be declared within ten business days of enrollment. Completing the accepted number of hours qualifies you for the grade, but the TWO written assignments are also considered in your final grade. For example, if you have 100 hours of activity, but do not complete either paper, you will not get an A in the course. Likewise, by doing a fabulous job on the papers, you will not be able to make up for activity log hours.

For a letter grade: 1 hour = 1 point

Pass= 50 Hours

Credit Recovery = 40 hours