

Adaptive Physical Education Syllabus 2024-25

Contact Information

Mr. Moyer

Room 302

zion.moyer@lexschools.org

Purpose:

This adaptive physical education program consists of a yearlong program in which students will participate in various fitness programs, lifetime sport activities, and weight room activities. The purpose of this program is to cultivate lifetime/recreational activities as well as health and wellness that will nurture students in such ways to build self-esteem and self-confidence in a school as well as a community setting.

Class Rules:

- 1) Respect Yourself
- 2) Respect Others
- 3) Respect Equipment

Philosophy:

The intent of this program is to provide unique opportunities to enhance the quality of life for the students through physical, emotional, social, and intellectual growth. A comprehensive program designed to meet the individual needs, abilities, and developmental stages through participation in lifetime, recreational, and fitness activities accomplishes this process. This will include team and individual sports. Students will have a chance to work with general education peers in different fitness and social activities as well.

Activities:

The list below are activities that we will be doing throughout the course of the year, but are not limited to:

-Flexibility, balancing, strength, volleyball, soccer, basketball, kickball, hand-eye coordination, team building, cardiorespiratory, stretching, tag games, invasion games, dancing, strategy games, and more.

Grades:

There will be three main ways that students will be assigned grades for this class:

- 1) Participation (50%) - Students will receive a participation grade for the amount of days they were in class participating in our daily activities. Ten points will be assigned per day, with a max of 50 points being earned per week.
- 2) Skill Improvement/Practice (25%) - When learning skills we will begin with a pre-assessment. From here grades will be assigned if students are working towards the goal of becoming more proficient at the moment. Perfect proficiency does not have to be attained, but the attempt of improvement is what will be graded on. A total of 50 points can be earned per each skill.
- 3) Classwork/Projects (25%) - Students may be assigned various projects that we will work on in class. These projects can vary in points depending on the length of them and can be anywhere from 10 to 100 points.

Grades will be updated once per week on Friday's. If there is any questions on grades, please contact Mr. Moyer as soon as possible to get questions answered.

Materials:

-Everyday: Shoes, change of clothes (if wanted)

-On occasion: iPads, pencil, notebooks. Mr. Moyer will give a minimum one week heads up in advance if any of these items are needed.