

# Carmel Health & Physical Education Course Prospectus

[carmelhpe.weebly.com](http://carmelhpe.weebly.com)

The Carmel Physical Education program is one that strives to shape positive attitudes towards fitness, movement concepts, achievement, cooperation, and student responsibility. We teach and train authentic human movement patterns designed to restore functional capacity, optimize performance and promote healthy lifestyle modifications.



## NCES Healthful Living

- Interpersonal Communications and Relationships (ICR)
- Mental and Emotional Health (MEH)
- Alcohol, Tobacco, and other Drugs (ATOD)
- Personal and Consumer Health (PCH)
- Nutrition and Physical Activity (NPA)
- Reproductive Health and Safety Education (RHASE)
- CPR & Basic First Aid (8<sup>th</sup> grade)



## NCES Physical Education

- Motor Skills (MS)
  - ✓ Movement Proficiency
- Movement Concepts (MC)
  - ✓ Biomechanics/Physics
- Health-Related Fitness (HF)
  - ✓ Enhancing Personal Fitness
- Personal & Social Responsibility (PR)
  - ✓ Developing Cooperative & Competitive Skills



## Units of Study

Volleyball · Flag Football · Badminton · Team Handball · Ultimate · Disc Golf · Rugby

## Participation Policy

Each student is expected to participate in every phase of the Physical Education Program. Maximum participation is necessary, expected, and revered as a foundation for achieving health-related fitness goals, understanding movement concepts, and the acquisition of new skills. Students who miss a skill test, fitness test and/or written test due to a medical excuse, non-participation, or absence will be expected to make up the test(s). It is your responsibility to arrange make up tests.

## Required Uniform

Wearing athletic clothing that is appropriate for physical activity allows you to experience movement through a full range of motion. This means that you can push further into learning and discover new ways of moving through space. You will be more comfortable as you train authentic human movement patterns designed to restore functional capacity, optimize performance and promote healthy lifestyle modifications.

- Carmel PE t-shirt (must be purchased from main office - \$10 cash).
- Athletic shorts (must conform to the school dress code).
- Athletic shoes. No slides or flops
- No jewelry, scrunchies/bands, or watches will be allowed at any time.
- We strongly recommend that you bring a **combination lock** to secure valuables in the locker room.



# Carmel Physical Education

## NC Essential Standards PE

Motor Skills · Movement Concepts · Health-Related Fitness · Personal/Social Responsibility

### Weekly Assessments: NCES.PE.MS/MC/HF

- Health-Related Fitness & Skills Tests
- Written Tests and Assignments
- WELNET (focusedfitness.org)



### Daily Assessments: NCES.PE.MS/MS/HF/PR

#### 1. Health-Related Measures of Fitness NCES.PE.HF

I will assess and evaluate progress toward achieving health-related fitness standards. Health-Related Measures of Fitness include Cardiorespiratory Endurance (CE), Muscle Strength (MS), Muscle Endurance (ME), and Flexibility (FX).

#### 2. Motor Skills & Movement Concepts NCES.PE.MS/MC

I will identify, evaluate, and integrate motor skills, movement concepts, and principles of training to learn, refine, and acquire new skills. I will identify, evaluate, and integrate increasingly complex content-knowledge of Kinesiology/Biomechanics to establish and reinforce mechanically strong movement patterns in a variety of physical activities.



#### 3. Personal & Social Responsibility NCES.PE.PR

I will exemplify well-developed cooperative and competitive decision-making skills to ensure a safe and productive learning environment.

#### 4. Prepared to Move; PE Uniform NCES.PE.MS/MC/PR

I will be prepared to train authentic human movement patterns designed to restore functional capacity, optimize performance and promote healthy lifestyle modifications by changing into my PE uniform daily.



Daily Assessments Achieved	4 of 4	3 of 4	2 of 4	1 of 4	0 of 4
Daily Grade	100%	75%	50%	25%	0%



**Please sign and return this form stating that you understand and accept the course outline and grading expectations for your Health and Physical Education class.**

PE Teacher: \_\_\_\_\_

Grade Level: \_\_\_\_\_ Day: A / B

Student's Name (print): \_\_\_\_\_

Parent's Name (print): \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_