

# Physical Education

In physical education at Wahtonka, students will learn how to identify goals and assess their progress on those goals. Similar to other courses at Wahtonka PE is *standards based*, which means it will follow the Oregon PE standards. Career ready skills will be practiced during your time in PE in order to prepare you for life and finding your way along a career path.

## *Student Objectives for Physical Education*

Learn how to set goals that are tailored to your health

Learn how to track your progress and assess your health

Learn how to develop new skills

Learn how to develop individual habits and work within a team structure

**Course time frame:** 44 weeks (1 year)

Twice per week 90 minutes

**Credit:** Physical Education

**Google classroom:** <https://classroom.google.com/u/0/c/ODk0NjA1NDc1ODBa>

## Course FAQs

### ***What are my technology needs?***

You will login to Google Classroom and utilize this platform for work submission. You will need to use Google Docs to create your goals and to track your progress on goals. Depending on what you choose for your goals you may need to access additional technology.

### ***What are the prerequisites I need in order to take this class?***

None.

Why should I take this course/What are the benefits?

Here are 5 specific reasons to take a well balanced PE course.

**Goal setting** - A core skill for a healthy life is learning how to set meaningful and achievable goals. In PE you will practice this process and aligning those goals to the Oregon PE Standards.

**Physical health** - Your relationship to your body is one you will tend to all of your life. Through this course you will learn to better understand what that relationship is and how to have a healthy relationship with your body.

**Learning new skills** - Learning new skills is not just fun, it helps new muscles and brain tissue grow and develop. In PE you will learn new skills throughout your time both individually and collectively.

**Building resilience** - You will learn how to work through frustration to achieve your goals and learn new skills. Building resilience will help you not only in PE but in all areas of your life.

**Self assessment** - Self assessment is the most important and powerful means of assessment we have. Through learning to determine your own progress and how it aligns with your goals you will learn how to further challenge and care for yourself and your body.

What standards do you cover?

<https://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Documents/oregon-grade-level-outcomes.pdf#page=26>

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Course grades are usually broken down as follows:

**Mastery**

Letter = A+, A, A-

GPA = 4.0, 3.75, 3.5

Credit = 0.33

**Proficient**

Letter = B+, B, B-

GPA = 3.25, 3.0, 2.75

Credit = 0.33

**Developing**

Letter = C+, C, C-

GPA = 2.5, 2.0, 1.75

Credit = 0.15 - 0.05

**Basic/Emergent**

Letter = D, F

GPA = 1.5, 0

Credit = 0