

Colton Joint Unified School District Course of Study
Course Description for **Physical Education Athletics (63805)**

DEPARTMENT: Physical Education

GRADE: 9-12

LENGTH: One semester

CREDIT: 5 (Five) May be repeated for 40 (forty) maximum.

PREREQUISITE: Permission of Coach and Physical Card

COURSE DESCRIPTION: This is an accelerated Physical Education class for students who have been selected for an athletic team. The class is offered 6th period only. Emphasis is placed on developing excellence in fundamental and advanced skills, techniques, and tactics for developing outstanding athletic teams. Coaches will require physical examinations of all athletes prior to their participation in the sport.

The program is designed to:

1. Increase the level of physical fitness of students.
2. Provide instruction in the area of health, nutrition, physical conditioning, and the risks involved in participating in the sport.
3. Provide instruction in skills improvement.
4. Promote the development of sportsmanship, character and morality through relationships with students in competitive sports.
5. Promote the development of a positive image and pride in the school and community.

The following athletics are offered:

63905	badminton	64905	golf
64005	baseball	65105	soccer
64105	basketball	65205	softball
63405	cross country	65303	swimming
64805	football	65405	tennis
64825	football/Frosh	65505	track & field
64845	football/JV	65605	volleyball
64865	football/Varsity	65805	wrestling

EXIT CRITERIA: By the end of the unit, students are expected to do the following:

1. Demonstrate acceptable social behavior while participating, including:
 - Consistently showing consideration for others by not dominating control of the game in team and dual activities,
 - Consistently reacting calmly to referee decisions and judgements,

Colton Joint Unified School District Course of Study
Course Description for **Physical Education Athletics (63805)**

2. Continuing to show effort when his/her performance is unsuccessful,
3. Refraining from “putdowns” toward fellow students,
4. Giving praise to fellow students for achievements,
5. Accepting and responding to constructive suggestions for improvement.
6. Demonstrate knowledge of the competitive rules and vocabulary of the game.
7. Demonstrate knowledge of strategy used in the game including: offense and defense, competitive rules, and planning.
8. Know and follow the basic safety rules involved in the game.
9. Demonstrate intermediate and advanced skills related to the sport.
10. Demonstrate mental and physical discipline needed for success.

EXIT CRITERIA:

During Season

Percentages

Daily performance	50%
Skill and effort	50%

Out of Season

Percentages

Daily participation	50%
Skill and grade	25%
Skill and written tests	25%

Revised: 3/1/00