

# Physical Education A B C

## Physical Education Yearly Schedule

Flexibility and Tumbling	2 weeks
Volleyball	7 weeks
Gym Hockey	2 weeks
Speedball	6 weeks
Women's Basketball	6 weeks
Badminton	7 weeks
Softball	6 weeks

## Schedule

Approximate time	Routine
5 minutes	Students should be dressed out and in squad for attendance
1 minute	Attendance is taken and uniforms checked.
8 minutes	Begin with exercises, laps, instructions, and get teams together and organized for the start of the game or activity.
14 minutes	Teams will play with substitutes watching
14 minutes	Substitutes should come into game or teams switch
10 minutes	Dress, clean up locker room

# Uniform

- ◆ All students must wear gym uniforms which meet the school dress code and are in school colors. This includes socks and tennis shoes.
- ◆ Students should take the uniform home on Fridays to be laundered.

# PE Teacher

- ◆ At the beginning of the school year, the teacher is primary an instructor -teaching, explaining, demonstrating procedures.
- ◆ She often then becomes a referee, making sure things move smoothly and rules are followed.
- ◆ Toward the end of a sport, she is more an observer, grading students on their performance. Selecting a few students each day to grade will cause grades to be less subjective. Students do not know which day they are being graded.
- ◆ At no time should the teacher have her class unsupervised. In case of an emergency, her P.E. assistant or another student should be sent to bring help.
- ◆ The teacher should never become so involved in the activity or so relaxed or tired that she is not fully aware of what students are doing.

# Procedures

- ◆ During the first week of school, physical education students should be informed about:
  - ◆ System of grading
  - ◆ Penalties for being unprepared or failure to cooperate
  - ◆ Responsibility to replace damaged or lost equipment
  - ◆ Procedures on written excuses from P.E.
  - ◆ Dressing and other responsibilities

# Excuses

Written excuses or doctor's certificates are necessary for any girl to be excused from active participation in a P.E. class.

Girls should be instructed that they do not have to miss physical education because of their periods and can participate in light exercises. Especially younger girls are encouraged to adjust and maintain a regular routine.

A file will be kept of all excuses and exemptions. Continuous absence from class should be brought to the principal's attention.

# Field Organization

## Opening procedures

Teacher decides how much time is needed for dressing out. The time needed will vary with facilities and age. At the beginning of the beginning of the year, the teacher will allow approximately 7 minutes before class and ten minutes at the end of class.

By the end of October, girls should be dressing in a minimum time, such as three to five minutes at the beginning and eight to ten at the end. Points are taken off the daily average when girls are late. The teacher will give them a week to get into the routine the beginning of the year before taking off points.

The teacher will have a set of procedure to line up for attendance:

- ◆ Squad lines, with equal distances between students. Students can be arranged alphabetically.
- ◆ The person at the front of each line serves as a squad leader and reports attendance as the teacher calls out that squad number.
- ◆ The teacher can check unpreparedness at this time. The teachers should not let P.E. class become a sloppy-looking one.
- ◆ After attendance, the teacher will tell the students specifically which exercises to do and how many, and the number of laps to run.

## Running and Exercising

- ◆ Running is the chief exercise for girls.
  - ◆ It helps to prepare them for aerobics and improves physical condition
  - ◆ The teacher will increase the number of laps during the year as their physical condition improves. The year will start with no more than  $\frac{1}{4}$  mile.
- ◆ Exercises are needed to build arm and shoulder strength and increase flexibility
  - ◆ Exercises will be progressive and in number and/or difficulty throughout the year.
  - ◆ The teacher will check daily to be sure they are performed correctly.
  - ◆ The teacher will use more exercises with fewer repetitions at the beginning of the year and later, as repetitions increase, the teacher will cut down the number of exercises to allow more time for running.
  - ◆ The teachers could use a P.E. assistant to lead and count off the exercises.

## Playing

- ◆ The teacher will organize the class into teams or groups.
- ◆ The teacher will give instructions as to exact procedure.
- ◆ The better organized the girls are, the less chance of injury or accident.

- ◆ After a few days of practice game, the teacher begins to keep records and works towards a championship game at the end of particular sport.
- ◆ The teachers should be alert to the conduct of the students.
  - ◆ The atmosphere needs to be more informal than in regular classes
  - ◆ The students should not be disrespectful to the teachers, or other students
  - ◆ The teacher will assign penalties and correct misbehavior when necessary
  - ◆ Good sportsmanship should be stressed for both players and spectators
- ◆ The teacher should involve all the students sometime during the class period
- ◆ The teacher should insist that all students on the sidelines either practice skills or watch games. Inattention should not be allowed.

## Aerobics

- ◆ See *The New Aerobics* and *The New Aerobics for Women* by Dr. Kenneth Cooper for a full explanation of the program.
- ◆ The purpose is to strengthen and exercise the heart muscle and thereby improve the cardiovascular system.
- ◆ Teachers will not begin aerobics until after the girls have been running daily laps for several weeks.
- ◆ Each girl needs a partner who will record her laps as she runs. The two will switch places.
- ◆ This test is to determine how far the girls can run (and walk if get exhausted) in 12 minutes: they run on a pre-measured course, which can just be a large circle, such as 1/8 mile or 1/4 mile. Their partners record the number of laps on a sheet with both partners on the same sheet. See *Grading* below for grading scale.

## Grading

- ◆ One fourth of the grade is a daily grade
- ◆ Each student begins the nine weeks with 100 points. Points are taken off for the following offenses, beginning with minus four for the first time an offense is committed and going up minus five and minus six and continuing with the addition of one point each time the same offense is repeated.
  - ◆ Being late to class – Code L
  - ◆ Not having her uniform complete – Code U
  - ◆ Long hair is not tied back – Code H
  - ◆ Borrowing clothes – Code C
- ◆ These points off are totaled at the end of the nine weeks and subtracted from 100.
- ◆ One fourth of the grade comes from the written test covering the rules of whichever sport is played during the grading period. Grades will be higher if the test is given at a different time than other subject exams.

- ♦ One fourth of the grade is playing grade.
  - ♦ This is the hardest to determine and most subjective
  - ♦ The teacher should keep in mind certain skills taught.
  - ♦ The teacher should set aside a week or more and observe 4 or 5 girls each day and determine their playing grade.
  - ♦ The teachers should consider playing skills, enthusiasm, attitude, effort, and sportsmanship.
- ♦ One fourth of the grade comes from the average of the two grades received from the aerobics 12-minutes test. Each 12-minute test is grade as follows:

If a student runs			
1.65 mi or more	1.35-1.64	1.15-1.34	1.00-1.14
A	B	C	F

The grading scale is as follows:

Daily Grade	Playing Grade	12-min test average	Written Test
25%	25%	25%	25%

# Weekly plans for Girls' Physical Education

## First Quarter

<b>Week 1</b> See daily Routine Schedule. The teacher will see that all students have obtain required uniforms. Volleyball starts, review rules and play games. Practice underhand serves.	<b>Week 6</b> Play official games
<b>Week 2</b> Practice bump pass, overhead pass, and underhand serve. Play practice game.	<b>Week 7</b> Play official games and championship games. Championship games may be played between classes.
<b>Week 3</b> Practice spiking, blocking, and overhead serve.	<b>Week 8</b> Gym Hockey. Start gym hockey. Review the rules
<b>Week 4</b> Play unofficial games	<b>Week 9</b> Play unofficial and championship games.
<b>Week 5</b> Play unofficial games. Give written test and begin to grade students' playing	

## Second Quarter

<b>Week 10</b> Girls' Soccer Teach dribbling, passing with feet, trapping, and instep kick	<b>Week 15</b> Play official games. 12-minute aerobics test
<b>Week 11</b> Teach positioning of players and shooting for the goal. Review skills and rules. 12 min aerobics test	<b>Week 16</b> Play official games and championship games.
<b>Week 12</b> Play unofficial games	<b>Week 17</b> Basketball. Practice shooting with lay-ups, two hand chest shot, and one-hand push shots. Practice passing and dribbling
<b>Week 13</b> Play unofficial games	<b>Week 18</b> Practice shooting, passing, and dribbling. Teach jump-ball, guarding, and defense principles.
<b>Week 14</b> Play official games. Give a written test and begin to grade students' playing	

## Third Quarter

<b>Week 19</b> Review rules and basketball techniques. Teach faking methods. 12-minute aerobic test. Start practice game.	<b>Week 24</b> Badminton Explain care of equipment and rules Teach proper grip, overhead clear shot, underhand clear shot, and smash.
<b>Week 20</b> Review shooting. Play unofficial games.	<b>Week 25</b> Review the rules, clear shots, and smash. Explain the backhand, drives, and drop shots. 12-minute aerobics test.
<b>Week 21</b> Play unofficial games.	<b>Week 26</b> Teach position and strategy. Start singles games.
<b>Week 22</b> Play unofficial games. Give a written test and begin to grade students' playing.	<b>Week 27</b> Conduct a singles tournament. Begin to grade students' playing.
<b>Week 23</b> Play official games and championship games.	



## Fourth Quarter

<b>Week 28</b> Conduct a doubles tournament	<b>Week 33</b> Play official games Begin to grade students' playing
<b>Week 29</b> Finish the doubles tournament	<b>Week 34</b> Play official games Give written test. 12-minute aerobics test
<b>Week 30</b> Softball Review batting, catching, throwing, and fielding. Teach proper position playing in the field	<b>Week 35</b> Play official and championship games.
<b>Week 31</b> Review skills and rules. 12-minute aerobics test Play unofficial games	<b>Week 36</b> Light exercise Return material. Students should take their own equipment and uniforms home. Assign cleaning details.
<b>Week 32</b> Play unofficial games	