



RADNOR TOWNSHIP SCHOOL DISTRICT  
Course Overview



Course Name 10<sup>th</sup> Grade

**General Information**

Credits: .5

Weighted: Unweighted

Prerequisite: 9<sup>th</sup> Grade Phys-Ed

Length: Half Year (Land)

Format: Meets cycle days all year

Grade: 10th

**Course Description**

The tenth grade Physical Education requirement includes one semester in the pool and one semester in the gym. The swimming component is divided into three levels; beginner, intermediate, and advanced. These levels will be assessed during their ninth grade year. The semester of physical activity in the gym includes unit based on team sports and lifetime activities. This class will build on from the 9<sup>th</sup> grade physical education course reinforcing teamwork, problem solving, conflict resolution and fitness.

**Course Objectives:**

**Enduring Understandings**

- Rules are designed to keep us safe.
- All decisions have consequences.
- There are many ways to get the help that you or others need.
  
- Fit people engage in physical activity on a regular basis.
- Fitness is a process not a product.
- Behaving well is as important as playing well.

**Essential Questions**

- What can I do to be physically active and why is it important?
- How can I move effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Common Assessments:**

PEAKS

**Physical Education Rubric**

		4	3	2	1	0
<b>P</b>	<b>Preparation</b>	Fully Dressed On Time (Gym uniform and sneakers)	Fully Dressed Late	Athletic Clothing On Time	Street Clothes and Sneakers	No Sneakers No Uniform
<b>E</b>	<b>Effort</b>	Exemplary Consistently challenges self in an appropriate and safe manner.	Strong Frequently seeks to challenge self in an appropriate and safe manner..	Inconsistent Sometimes seeks to challenge self in an appropriate and safe manner.	Weak Lacks Motivation Does little or nothing	Unacceptable Does not participate
<b>A</b>	<b>Attitude</b>	Always respectful of the rights, property, and opinions of others	Usually respectful of the rights, property, and opinions of others.	Sometimes respectful of the rights, property, and opinions of others.	Seldom respectful of the rights, property, and opinions of others.	Shows disrespe for the rights, property or opinion of other
<b>K</b>	<b>Knowledge</b>	Always demonstrates appropriate application of skills	Consistently demonstrates appropriate application of skills	Sometimes demonstrates appropriate application of skills	Seldom demonstrates appropriate application of skills	Rarely demonstrates appropriate application of skills
<b>S</b>	<b>Skills</b>	Always demonstrates correct mechanics of skills	Consistently demonstrates correct mechanics of skills	Sometimes demonstrates correct mechanics of skills	Seldom demonstrates correct mechanics of skills	Does not demonstrates correct mechanics of skills

**Major Units of Study:**

Soccer  
Basketball  
Football  
Speedball

**Materials & Texts**

Various types of sports equipment.

**Summer Assignment**

N/A