



RADNOR TOWNSHIP SCHOOL DISTRICT  
Course Overview



Course Name 9<sup>th</sup> Grade Wellness

**General Information**

Credits: .5

Weighted: N/A

Prerequisite: N/A

Length: Full Year

Format: Meets cycle days all year

Grade: 9th

**Course Description**

The ninth grade Physical Education focus is on teamwork, problem solving, conflict resolution as well as fitness. They will receive an introduction to weight training and learn key concepts of health related 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**

		<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
<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 disrespect for the rights, property or opinion of others.
<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 demonstrate 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 demonstrate correct mechanics of skills

**Major Units of Study:**

Cooperative play  
Team Sports

**Materials & Texts**

Various types of sports equipment.

**Summer Assignment**

N/A