

Winter Lakes High School

2021 - 2022

PE for Distance Learners- Middle School and High School SYLLABUS - FALL 2021

Instructor

Sondra Sperling B.S./M.A.T.

Online Meeting Time

None

Google

O7tk3mb

WLHS Google Classroom PE logs are available here.

Ssperling@csd8.info

(541)824-0115 ext.7004

COURSE DESCRIPTION

Distance learning students can log and track their P.E. hours for quarks.

QUARKS

Students are encouraged to earn an average of **5 quarks/week**. **One trimester of elective credit** is granted after a student earns **50 quarks**.

Activity Completed	Quarks Earned
1 hour of exercise	1 quark
Walking, visits to gym, active games and activities	1 quark per hour recorded
Organized athletics	1 quark per hour recorded

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GRADES

For Fall 2020, Distance learning P.E. grades are Pass/No Pass.

50 quarks = 1 trimester High School credit.

ASSESSMENT

Students demonstrate their learning by:

Submitting P.E. activity log. Logs should be submitted approximately once per month and emailed to the instructor. Logs need to be dated and detailed to the students' best ability,

STANDARDS (from Oregon Physical Activity)

Grade Level Outcomes:

PE.3.HS.4: Level 1 Participates several times a week in a self-selected lifetime activity, rhythmic activities or fitness activity outside of the school day. Level 2 Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event).

PE.3.HS.5: Level 1 Identifies strength and conditioning exercises that develops balance and opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle. Level 2 Designs and implements a strength and conditioning program that develops balance and opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle.

PE.3.HS.6: Level 1 Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).26

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