



**Mountain Range High School**  
 12500 Huron Street • Westminster, CO 80234  
 Office: (720) 972-6300 • Fax: (720) 972-6529  
<http://www.mountainrange.adams12.org>



## Soccer/Floor Hockey/Fitness 2020-2021

<b>Course Description</b>		This class involves the units of soccer, floor hockey, lacrosse, rugby, team handball, and speedball. All units will provide proper instruction of the activities to include technique, fundamental skills, origin, safety practices, values, playing courtesies, strategies, rules and terminology. Emphasis will be placed on sportsmanship, participation, basic skills and knowledge and understanding of the games and total body fitness.	
Unit of Study	Content Standards/Grade Level Expectations	Approximate Time Spent or Percent of time Spent	Targeted Date of Assessment
Rules/Reg/Lockers	<ul style="list-style-type: none"> <li>Standard 4: Prevention and Risk Management</li> </ul>	2 days	Week 1
Fitness Pre Test	<ul style="list-style-type: none"> <li>Standard 2: Physical and Personal Wellness</li> </ul>	3 days	Week 1
Lacrosse	<ul style="list-style-type: none"> <li>Standard 1: Movement Competence and Understanding</li> <li>Standard 2: Physical and Personal Wellness</li> <li>Standard 3: Emotional and Social Wellness</li> <li>Standard 4: Prevention and Risk Management</li> </ul>	3 weeks	Week 4
Soccer	<ul style="list-style-type: none"> <li>All 4 P.E. standards are addressed</li> </ul>	2 weeks	Week 6
Rugby	<ul style="list-style-type: none"> <li>All 4 P.E. standards are addressed</li> </ul>	2 weeks	Week 8
Speedball	<ul style="list-style-type: none"> <li>All 4 P.E. standards are addressed</li> </ul>	2 weeks	Week 10
Team Handball	<ul style="list-style-type: none"> <li>All 4 P.E. standards are addressed</li> </ul>	3 weeks	Week 13
Floor Hockey	<ul style="list-style-type: none"> <li>All 4 P.E. standards are addressed</li> </ul>	3 weeks	Week 16
Fitness Post Test	<ul style="list-style-type: none"> <li>Standard 2: Physical and Personal Wellness</li> </ul>	3 days	Week 17
Content Review/Final	<ul style="list-style-type: none"> <li>Standard 1: Movement Competence and Understanding</li> </ul>	2 days	Week 18

Assessment/Practice Proficiency Levels	
4	Advanced Understanding of the Standard
3	Meets the Standard
2	Approaches the Standard
1	Does not Meet the Standard

Course Grade Scale	
A	89.5 - 100
B	79.5 – 89.4
C	69.5 – 79.4
D	59.5 – 69.4
F	0 – 59.4

Grade Reporting Criteria/Weights	
Movement Competence and Understanding	40%
Physical and Personal Wellness	40%
Practice/Emotional and Social Wellness	10%
Prevention and Risk Management	10%
Grades are based on achievement of Content Standards and Grade Level Expectations. *Weekly progress grades are posted at <a href="https://ic.adasm12.org/campus/portal/adams12.isp">https://ic.adasm12.org/campus/portal/adams12.isp</a>	



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### Teacher/Class Expectations

**Missing or incomplete assignments/assessments for this course:** Superintendent Policies 6280 Homework and 6281 Make-Up Work will be followed for this course. They state that it is the student's responsibility to request and obtain missing work. When a student has an excused absence, the student has the same number of days they were absent plus one day to make up assignments. Students who are unexcused may not be able to receive feedback from Practice prior to required Assessments. Students are held to the Academic Integrity Policy for Mountain Range High School.

Tardies will not be tolerated—if tardies become an issue for the student, a conversation will take place between the student and the teacher. A phone call will be made home to discuss the issue with the parent. Detention can and will be assigned if necessary.

If you are absent (excused), it is your responsibility to come and see me about missed assignments. If you miss a class you have the option of making up the class. You will need to find another PE class during your off hour with permission from the supervising teacher. This will need to be done on your own time either during an off hour or on Wednesdays during Access time. You will need to be on time and dressed out to the make-up class. Please let the teacher know that you made up the time and they will then email me to confirm. Please see with me with any questions.

Students will:

1. Be prepared and participate at a competent level in a variety of sports.
2. Apply the rules, principles, problem-solving skills and concepts specific to the sport or activity being studied in class.
3. Establish goals based on fitness assessment data and develop, implement, achieve and monitor an individual health and fitness plan.
4. Identify community resources where information can be obtained as well as facilities available to play any of the sports we covered.
5. Demonstrate respect for individual difference in physical activity settings.
6. Demonstrate collaboration, cooperation, and leadership skills
7. Demonstrate responsible behavior in group settings.
8. Understand the risks and safety factors that may affect participation in physical activity.
9. Demonstrate knowledge of safety and etiquette in the realm of sports.

**Materials and Supplies:** Students will be required to dress out in proper athletic attire that includes a T-shirt and shorts in school or neutral colors (black, white or grey). Sweat suits and warm-up suits are also acceptable. Proper shoes are also necessary and students will not be allowed to participate without athletic footwear. Clothes must conform to safe school policy.