

**Sweetwater Union High School District**  
**Granger Junior High School**

**Course:** 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade **Physical Education Scholarship Grade Policy**

**DEPARTMENT PHILOSOPHY**

Our goal is to develop physically fit bodies as well as physically active, alert and creative individuals. This goal will be achieved by having students develop healthy lifestyle skills through participation in team sports, fitness training, and individual sports.

**COURSE DESCRIPTION**

Movement skills, movement knowledge, social development, self-image and personal knowledge, careers, technology, literacy, respect and responsibility for lifelong health, and an understanding of the process of growth and development, are some of the major goals from the California State Physical Education and Health Frameworks

**COURSE OUTLINE FOR EACH GRADE LEVEL:**

**7<sup>th</sup> Grade Units**

Fitness  
1-week fitness plan  
Manipulative skills  
Dance (*Multicultural*)  
Track & Field  
Combative Skills  
Orienteering Activities  
Racket Sports  
Basketball  
Frisbee  
Dual & Individual Sports  
Vocabulary

**8<sup>th</sup> Grade Units**

Fitness  
2-week fitness plan  
Tumbling  
Dance (*Square*)  
Team Sports  
Volleyball  
Soccer  
Basketball  
Softball  
Football  
Vocabulary

**9<sup>th</sup> Grade Units**

Fitness  
4-week fitness plan  
Aquatics  
Dance (*Rhythm & Movement*)  
Dual & Individual Sports  
Track and Field  
Weight Lifting  
Vocabulary

**PE Department Policy for Scholarship Grades:** Progress report grades will be based mostly on participation, attitude and behavior, as well as written exams and quizzes. The percentage breakdown is the following

**45% Movement Standards 1,2 (7<sup>TH</sup>.& 8<sup>th</sup>). Standards 1 (9<sup>th</sup>):** Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities. This is participation and effort based grade that includes but is not limited to activities such as stretching, drills, sports activities and games.

**45% Fitness Standards 3, 4 (7<sup>TH</sup>. & 8<sup>th</sup>). Standards 2 (9<sup>th</sup>):** Students assess and maintain a level of physical fitness to improve health and performance. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance. This is a performance grade, based on scores for activities related to personal fitness level. Assessments address the following areas of fitness: cardiovascular endurance, flexibility, muscle strength and muscle endurance. The P.E. department conducts the same number of fitness assessments each semester and utilizes a common grading rubric is implemented for fitness test scoring.

**10% Social Skills Standard 5, 6 (7<sup>TH</sup>. & 8<sup>th</sup>). Standards 3 (9<sup>th</sup>):** Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. This is assessed with unit quizzes and/or classroom observations.

If you have any questions or comments please feel free to contact the Physical Education Department at any time.

**Boys Locker room:**

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**Adaptive PE** Brandon McIntire

**Girls Locker room:**

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