IRHS Physical Education Department

Adaptive Physical Education

**Course Instructor:**

Coach/Mr. Stewart

Bachelor of Science, K-12 Physical Education, minor in Health Education, Northern Arizona University 1989.

1st year of teaching at Ironwood Ridge High School, 17th year in Amphitheater School District (formally at Cross Middle School and Amphitheater High School).

**Instructor contacts:**

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Phone/Voice mail: 407-4282

Office: F126A

Student or parent conferences set up by request.

\*The best way to contact me is via email.

**Course Description:**

The emphasis of this year long course is to promote the development of physical and motor fitness.  Students will work on fundamental motor skills, patterns and overall fitness.  Skills in individual and group games and sports will be utilized when available and appropriate.

**Class Overview:**

* Positive self-concept
* Social Competency
* Fun/Tension release
* Motor skills and patterns
* Physical Fitness
* Leisure-time skills
* Play and game behaviors
* Perceptual-motor functions and sensory integration
* Creative expression

**General Course Objectives:**

* Students will strengthen self-concept and body image through activity involvement.
* Students will learn how to demonstrate good sportsmanship and self-discipline.
* Students will improve attitude toward exercise, physical activity and sports, dance and aquatics.
* Students will learn fundamental motor skills and patterns.
* Students will develop the cardiovascular system.
* Students will learn to transfer physical education learning’s into habits of lifetime sports, and dance.
* Students will increase time on task behavior.

**Arizona State Standards:**

Arizona Physical Education State Standards 1-7 will be covered during the semester.  Other Arizona state standards being developed and achieved are; Health Standards 1-7, Language Arts Standards, R-P1, R-P3, R-P4, W-P1, W-P2, W-P5, Math Standards 2M-P1 and 3M-P2, Work Place Skills Standards, 1WP-P2-P9, 2WP-P1-2, D1-D2, 4WP-P1-P7, 5WP, P3-4, D2, 6WP, P1, D2, 8WP-D1-2.

**\***Arizona State Standards may be viewed at: http://www.ade.state.az.us/ or in Ironwood Ridge office**.**

**Required Material:**

Students must dress out according to the Physical Education Department policy, which is; Any Ironwood Ridge High School shirt and any type of athletic shorts or sweat pants.  Athletic shoes are required and must be tied properly.

**Attendance Policy**

* This is a participation class. Students must be in attendance to receive credit for that day.

**Grading policy:**

This is a pass/fail class; students are evaluated using the following criteria:

1. Participation--staying on task and showing effort daily
2. Responsibility--being on time, dressed out, following all instructions and safety rules, respecting others

**Individual Education Plan (IEP)**

IEP’s will be evaluated when due or when appropriate.  All teachers involved with this class will be responsible for input on the IEP form.

**Successful students will:**

1. Be on time.
2. Be dressed-out.
3. Be prepared for learning.
4. Follow all safety rules.
5. Participate in class activities with a positive attitude.
6. Have fun while getting fit!

**Miscellaneous information:**

1. We will be outside walking and enjoying fitness activities. Please make sure students have appropriate clothing for all types of weather including cold weather!