

Unified PE Course Syllabus

Course Description: This course combines students with and without intellectual disabilities to participate in sports, recreation, wellness and leadership activities together. Students will support one-another while increasing physical fitness and improving daily health habits. Members of this class will be in leadership roles throughout the semester so it is important that students understand the importance of taking on that role. This course is designed as a high school physical education elective with connections to national PE standards.

Course Goals:

- Increase in physical fitness & sport-specific skills
- Foster new friendships and social inclusion amongst classmates
- Reinforce positive habits and reasoning to make better health & lifestyle choices
- Advance social & leadership competencies
- Deepen understanding of sports rules and strategies

Units Taught: Units include but are not limited to basketball, flag football, floor hockey, kickball, soccer, volleyball, badminton, bowling, tennis, fitness, weights, pickleball, and cooperative games.

Course Expectations:

1. Be Prepared for activity each class period
2. 5 - 7 min walk at the beginning of the period - Everyone participates
3. During activity be engaged and participate. Participation includes doing the activity yourself, helping to get your buddy or any other student in class actively participating or engaged, and setting a good example of how to behave/participate.
4. **No Cell Phones allowed during activity**
5. Help with set-up and take down of activities for the day
6. Monday - Fitness Center Day. Actively help students engage in cardio and weight lifting exercises.

Daily Grading: Each day is worth participation 10 points. As long as you have clothes and shoes on you can participate in you do not need to change. 10 points are based on the above expectations. A Final Exam will be given at the end of the semester. This will include teaching a mini lesson to the special education students in the class.