Competitive Wellness Syllabus

**Course:** Competitive Wellness

**Length:** 18 Weeks (1 Semester)

**Teacher:** Mr. Keith Claxon

**Email:** kclaxon@eriesd.org

**Location:** South Gym

**Course Description**

Competitive Wellness is designed to develop physical fitness, teamwork, sportsmanship, and lifelong skills through a variety of competitive games and activities. Students will participate in Striking & Fielding, Target, Net/Wall, and Invasion games while focusing on fitness, movement, and social-emotional wellness.

**Units of Study**

| **Weeks**  | **Unit**  | **Focus Sports/Activities** |
| --- | --- | --- |
| 1-4  | Striking & Fielding  | Baseball, Softball, Kickball, Cricket, Mat Ball |
| 5-8  | Target Sports  | Bowling, Disc Golf, Cornhole, Kan Jam, Bocce, Golf, Croquet |
| 9-13  | Net & Wall Games  | Volleyball, Badminton, Pickleball, Tennis, Table Tennis, Tchoukball |
| 14-18  | Invasion Games  | Basketball, Soccer, Hockey, Lacrosse, Rugby, Handball, Speedball |

**Grading Policy**

- **Participation & Effort – 50%**

Active involvement, willingness to try new skills, positive attitude, teamwork

- **Skills & Assessments – 30%**

Pre/post skills checks, demonstration of strategies, rules, and techniques

- **Knowledge Checks – 20%**

Quizzes, exit slips, self-reflections on rules, strategies, and fitness concepts

**Class Requirements**

- Students are **not required to change clothes for class**

- Sneakers/closed-toed shoes are required for safety

- Participation, effort, and attitude are more important than athletic ability

- Water Bottle

**Standards**

This course aligns with Pennsylvania Academic Standards for Health, Safety, and Physical Education, including: - **10.3.9**: Safety and Injury Prevention - **10.4.9**: Physical Activity and Fitness - **10.5.9**: Concepts, Principles, and Strategies of Movement

**Behavior Expectations**

Students are expected to: - Participate actively and respectfully in all activities - Demonstrate sportsmanship, teamwork, and leadership - Follow safety guidelines and respect equipment

 **PBIS Points:**

 Students can earn PBIS points each block for being responsible, respectful, and resilient.

 **Be Respectful:** 3 points for completing an academic task.

 **Be Responsible:** 3 points for arriving to class on time.

 **Be Resilient:** 3 points for having your phone silent and away during the entire class period.

 **Student’s Signature:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_