

ST. LUKE'S SCHOOL
2010-2011

Course Name: Physical Education-Health 4-9

Instructor's Name: Alexandra C. Campbell-Forte

Contact Information: email acforte@stlukes-school.org

School Hours: 8:00 – 3:30 or by appointment

School phone: 540-825-8890

Home phone: *See school directory

Please do not hesitate to call me or have your child call me if there is ever a question or concern. I am always more than happy to work with parents and students.

COURSE TEXT:

- Glencoe Health (8/9th grades) – in conjunction with integrated Health/Wellness lessons
- D.A.R.E. texts (4/5th grades) – in conjunction with D.A.R.E. course taught by a Culpeper Deputy Sheriff

OTHER MATERIALS USED:

1. General PE equipment
2. Ball fields
3. Gymnasium
4. Playground
5. Additional items @ designated off-site locations (TBA)

UNITS TO BE COVERED:

1. Physical fitness (*including PFT – Physical Fitness Test)
2. Team sports
3. Lifetime sports and leisure
4. Health & Wellness (overall)
5. Environment health

METHODS OF DELIVERY: Physical fitness activities, games, participation in sports, discussions, projects, field trips

LEARNING GOALS:

1. Students will know the importance of a healthy lifestyle
2. Students will understand the four stages of health (physical, mental, environmental, and social)
3. Students will understand various modes of health, fitness, and wellness
4. Students will abide by the rules and regulations of team sports, individual sports, and lifetime leisure sports
5. Students will become an overall healthier person upon completion of the course

GRADING: Grading is based on participation (i.e. dressing out in appropriate gym suit, willingness and active participation in the day's activities, effort—not ability). Additionally, there will be multiple physical fitness assessments (PFT) each semester in which every student is expected to participate. The purpose of this activity is to measure the students' strength/power, flexibility, agility, speed, and endurance, as well as give them something to improve and work towards. This assessment will include, but are not limited to: mile run/walk, push-ups, sit-ups, sit-and-reach, jump rope, straight jump, etc.

**Students who cannot participate in class must have a written doctor's or parent note with an explanation.*

About the Teacher:

This is my third year at St. Luke's School; however, I have been teaching for almost seven years. I have moved around quite a bit in my career thus far. After receiving a B.A. in English from Dickinson College (Carlisle, PA), I immediately traveled overseas and began teaching elementary and middle school in Iwate, Japan. After three years abroad, I returned to the U.S. and received my M.A. in English Education and a teaching certification from New York University (New York, NY). I then started working in the public school system as an English Language Arts teacher in both New York City and Chicago before moving to Culpeper. Aside from my positions at St. Luke's, I also work as an English/Writing instructor at Germanna Community College, a Cross Country/Track and Field Coach at Eastern View High School, and a Fitness Instructor at both Gold's Gym and the Culpeper Sport and Racquet Club in town. Moreover, running and cycling are my two greatest loves beyond teaching and coaching.

- *English Language Arts Certification*
- *TEFL/ESL Certification*
- *USA Track and Field Coach (Level 1)*
- *CPR & First Aid Certifications (American Red Cross) 2010*