

Course Syllabus Community Partnerships Academy  
Physical Education

**Teacher: Chamberlain**

**Course Description:**

Through a variety of physical activity students will have the opportunity to explore two values related to personal well-being – effort and self-direction – and two related to social well-being – respect for others’ rights and feelings and caring about others. Taking responsibility for ones own development and well-being and for contributing to the well-being of others will be our ultimate goal.

**Skill Objectives and Outcomes:**

**Five Levels or Responsibilities**

**1. Respecting the rights and felling of others**

Self-control  
The right to peaceful conflict resolution  
The right to be included

**2. Participation and Effort**

Self-motivation  
Exploration of effort and new tasks  
Courage to persist when the going gets tough

**3. Self-direction**

On-task independence  
Goal-setting progression  
Courage to resist peer pressure

**4. Helping others and Leadership**

Caring and compassion  
Sensitivity and responsiveness  
Inner strength

**5. Outside the gym**

Trying these ideas in other areas of life  
Being a role model

**Course Content:**

Personal Fitness  
Cooperative Games  
Individual and Team Sport  
CPR Certification and First Aid

**Grades/Credit:**

There will be three types of evaluations in this class, (1) self-evaluation worth 25% of your grade, (2) peer-evaluation worth 25% and (3) teacher evaluation worth 50%. Each Friday at the end class we will evaluate our week.

An evaluation sheet may look something like this:

Level	Behavior	Self-grade	Teacher-grade
1	Does not call others names	_____	_____
1	Controls Temper	_____	_____
2	On time to class	_____	_____
2	Tries new activities	_____	_____
2	Listens to instruction	_____	_____
3	Working towards goals	_____	_____
3	Keeping portfolio	_____	_____
4	Shares equipment	_____	_____
4	Treats others kindly	_____	_____
4	Shows good sportsmanship	_____	_____

A=5 B=4 C=3 D=2 F=1

**Contact Information:**

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