

Course Syllabus — Physical Education

2026–2027

Course Information	Physical Education, Grades 9th & 10th Instructor: Arianna Hardin Email: Ariannahard@gmail.com Classroom: Gym / Outdoor Field School Year: 2026–2027 Meeting Schedule: Tuesdays and Thursdays, 2:50–4:20 p.m.
Course Description	This course promotes physical fitness, skill development, teamwork, and health education in alignment with California State Standards and Jewish values. Emphasis will be placed on tzniut (modesty), respectful conduct, and halachic guidelines in all physical activities.
Goals & Standards	• Improve cardiovascular health, muscular strength, and flexibility • Develop individual and team sport skills • Apply principles of fitness, nutrition, and injury prevention • Practice teamwork, leadership, and positive peer interactions • Reflect on health and body awareness through a Jewish lens • Introduce functional fitness practices through kickboxing
Texts & Materials	• Athletic attire meeting tzniut standards (e.g., long sleeves, skirts with leggings or sweatpants) • Athletic shoes • Water bottle • Notebook or digital journal
Course Content	Quarter 1: Fitness & Movement Foundations • Fitness assessments & SMART goal setting • Warm-up & cool-down techniques • Stretching and injury prevention • Cardio games (relay races, aerobic circuits) • Intro to Kickboxing: stance, basic punches, and cardio drills • Jewish values: Shmirat HaGuf (caring for the body) Quarter 2: Team Sports & Strategy • Skill-building in soccer, basketball, and volleyball • Cooperative games and team-building • Strategy, communication, and halachic competition guidelines • Partner Kickboxing Drills (non-contact, pad-based) Quarter 3: Individual & Lifetime Activities • Track & field basics • Yoga and dance fitness (modest attire/music observed) • Racquet sports: badminton or paddleball • Kickboxing for Self-Defense (technique and empowerment focus) • Personal fitness planning and tracking Quarter 4: Health & Wellness • FITT principles (Frequency, Intensity, Time, Type) • Kosher-aligned nutrition basics • Hydration, sleep, and stress management

	• Body image, tzniut, and self-esteem discussions • Optional: Basic CPR and first aid overview
Grading & Assessment	• Daily Participation & Effort: 40% • Skills & Performance Checks: 20% • Written Reflections/Quizzes: 15% • Fitness Journal/Logbook: 15% • Final Project: 10%
Course Expectations	• Arrive on time and fully dressed for activity • Treat peers and teachers with kindness and respect • Participate with effort, even when activities are challenging • Follow all classroom and school behavior guidelines • Uphold Jewish values in conduct, language, and attire
Academic Integrity & AI	Students are expected to follow school policies regarding academic integrity, original work, and appropriate use of AI.
Student Support	Students should communicate with the instructor when they need additional help or clarification.
Instructional Materials	Instructional activities and materials will support the course goals, physical education standards, and school expectations.