

**ST. LUKE'S LUTHERAN SCHOOL**  
**2009-2010**

**Course Name:** Physical Education 5-9

**Instructor's Name:** Alexandra C. Campbell-Forte

**Contact Information:** email [acforte@stlukes-school.org](mailto:acforte@stlukes-school.org); St. Luke's School

**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 (9<sup>th</sup> grade only) – in conjunction with 9<sup>th</sup> grade Health class taught separately

**OTHER MATERIALS USED:**

1. General PE equipment
2. Ball fields
3. Gymnasium

**UNITS TO BE COVERED:**

1. Physical fitness
2. Team sports
3. Lifetime sports and leisure
4. Environment health

**METHODS OF DELIVERY:** Physical fitness activities, discussions, games, participation in sports

**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 abide by the rules and regulations of team sports, individual sports, and lifetime leisure sports
4. 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, and effort—not ability). Additionally, there will be multiple physical fitness assessments (each quarter) 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:**

Although this is my first year as a full-time teacher at St. Luke's, I was both a part-time and substitute teacher at the school last year. In fact, I have been teaching for almost seven years; yet, I have moved around quite a bit in my career thus far. I received a B.A. in English from Dickinson College

(Carlisle, PA) and immediately began teaching overseas in Iwate, Japan. After three years abroad, I returned to the U.S. and received my M.A. in English Education and teaching certification from New York University (New York, NY). Prior to teaching at St. Luke's, I worked in the public school system as an English Language Arts teacher in New York City and Chicago, as well as an English/Writing instructor at Germanna Community College. Additionally, I am a Cross Country/Track and Field Coach at Eastern View High School and Fitness Instructor at both Gold's Gym and the Culpeper Sport and Racquet Club in town. Moreover, running and cycling are my two great loves beyond teaching and coaching, and I will be traveling to Australia this year for the World Triathlon Championships.

- *USA Track and Field Coach (Level 1)*
- *CPR/AED Certification (American Red Cross) 2009*
- *First Aid Certification (American Red Cross) 2009*

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