



**JOHN F. KENNEDY HIGH SCHOOL
COURSE SYLLABUS
DEPARTMENT OF PHYSICAL EDUCATION**

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Course State Standards:

- Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

PSX001, Criminal Justice

Grade 9-12

This course is designed for cadets in the criminal justice program. The class is pure with cadets only and expectations are higher than the standard physical education class. The students will engage in activities to enhance fitness in a manner that will prepare him/her for a physically demanding field of work and will instill a desire to maintain a high level of fitness throughout his/her career. In addition to fitness, Pride, Professionalism, Respect, and Teamwork will be a guideline for the class.

Locker & Locker room rules:

Students may use locker in the locker room AT THEIR OWN RISK, during their PE period ONLY. They are not to share their locker combination with anyone else and should check their locks before leaving the locker room. All students' possessions should be locked in a locker or taken to class. VALUABLES SHOULD NOT BE BROUGHT TO SCHOOL. Students inside the locker room, other than during their PE class, will receive a referral for further disciplinary action.

Cell phones & Electronic Devices:

When students enter the locker room, all cell phones and electronic devices should remain in a backpack or locker until the end of the period. Cell phones and electronic devices are not allowed during class. Please review the school's cell phone policy for more information.

Uniform:

Students must wear a plain white shirt and dark (navy blue/black) athletic shorts for the first month of school. They must also wear athletic shoes that fasten; no slip ons allowed. The shorts must have a 4"-8" inseam and loose, like basketball or soccer shorts. Thereafter, a uniform will be provided to them and no substitute clothing is accepted. Extra or replacement shirt and shorts are \$10 and \$15 respectively. Sweats are optional and for an extra cost. \$25 each or \$45 for both hoodie and sweatpants. While in uniform, no jewelry is accepted. If it's religious, it must be hidden under the shirt or sweatband. If it's visible or puts another cadet at risk for safety, the student will lose points.

Standard Grading:

Each student is expected to login to their Infinite Campus using their username (firstname-lastname@student.scusd.edu) and password (Date of birth in the mm/dd/yyyy format (including slashes). Here they can get their grade, class information and online assignments. Some assignments can be directly submitted through Infinite Campus. If the student does not have access to their account, they need to inform their teacher immediately.

Assessment (Assignments, Quizzes and Tests):

In class and online assignments will be posted on Infinite Campus to check for student understanding and/or develop further understanding of weight training and fitness concepts. To ensure accountability for student learning, assessments on safety, form, improvement, and basic anatomy will take place throughout the semester.

To learn how to access assignments on Infinite Campus use the following link:

<https://content.infinitecampus.com/sis/1725/documentation/assignments-portal/>

Physical agility testing happens every Wednesday, weather permitting. The test consists of a 165 lb body drag over 32 ft, 99 yard obstacle run, 6 ft chain link fence climb, 6 ft solid fence climb, and a 500 yard run. For the 1st semester final, points will be awarded for attempting the event but not completing. For the 2nd semester final, ALL events must be completed for a passing score. You cannot get an A in the class without passing ALL events.

Physical fitness testing is done in the beginning of the school year and at the end of each semester. Each test is worth 20-100 points and can adversely affect their grade if they choose to opt out. Tests graded on a scale are: push ups, sit ups, shuttle run and mile. Shoulder flexibility, trunk lift, and body mass index (height and weight) will be pass or fail.

- 0 points are given to those who do not make up or attempt the test
- Timed miles will be done the first Thursday of each month
- Final for the 1st semester will be a 2 mile run and for the second semester, a 3 mile run.

Participation:

Students are expected to come prepared with the required uniform and participate in all activities on a regular basis. Students will receive 10 points per day. Standing around, horseplay and doing lifts other than what is assigned are off task behaviors that will result in a loss of points. Students who are not dressed will lose all points for the day unless they have appropriate footwear and fully participate. Any off task behavior by a non-dressed student will result in a zero for the day. Points may be deducted for the following reasons:

Tardy	-2
Off task behavior (each occurrence)	-2
Partial dress (incorrect shirt or shorts)	-2
Non-dress (with full participation) "All or nothing"	-4
Non-dress (with any off task behavior) "All or nothing"	-10
Absent (See Make-up Work section below)	-10

Non-participation (dressed or not dressed)	-10
Jewelry	-10

Grading Scale:

A	B	C	D	F
89.5 – 100%	79.5 – 89.4%	69.5 – 79.4%	59.5 – 69.4%	below 59.5%

Athletes:

All athletes are required to dress and participate in PE class on game days. Athletes will not be dismissed until the posted dismissal time and not be allowed in locker rooms until after dismissal time.

Medical Excuses:

A parent or guardian may excuse a student from participation in PE for 1-3 days. Write a note to the teacher explaining the reason for the excuse, the number of days to be excused and a time/number to call for verification. **EXCUSES LONGER THAN 3 DAYS REQUIRE A DOCTOR'S NOTE. PARENTS MAY NOT EXCUSE STUDENTS FROM DRESSING FOR PE.** Make up work will be done by the student for missing participation.

Make-up Work:

One make-up assignment is required for each excused absence or each excused non-participation day. Make-up work is due within FIVE (5) days of a return from absence or end of excuse. Students may make-up no more than TEN (10) days per quarter. If there is a medical situation that will require missing more than 10 days, students are advised to take P.E. another semester when they can fully participate. Click on the Make-up Work assignment for details on completing make-up work. Off campus school related activities including athletics are excused from make-up work assignments. **NON-SUITS AND UNEXCUSED ABSENCES CANNOT BE MADE UP**

Transfers:

Students who transfer into PE more than 20 days after the beginning of a semester will not receive a passing grade unless they arrive with a transfer grade from their previous teacher/school, or they make arrangements with their teacher to do make-up assignments.