



2024-2025 COURSE SYLLABUS

DEPARTMENT OF PHYSICAL EDUCATION

Men Instructors (916) 395-5090 XT 506070, 506089

Women Instructors (916) 395-5090 XT 506087

Jason Hetzler

jason-hetzler@scusd.edu

Kristen Goding

kristen-goding@scusd.edu

Sean Finegan

sean-finegan@scusd.edu

Rachel Takimoto

rachel-takimoto@scusd.edu

Joseph Geddes

joseph-geddes@scusd.edu

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.

PRF22C, Beg Dance

Grade 10-12

This course is designed for the non-dancer as an introduction to the elements and principles of dance. Each student will participate in constructing and performing basic creative choreography in cooperative learning groups and direct instruction. Students will explore the cultural heritage, historical importance, and modern day application of dance in our society while increasing personal health and endurance.

PFF200, Freshman Core

Grade 9

Students will participate in a variety of movement activities as well as build a foundation of knowledge for life-long health. Emphasis will be given to improve physical fitness, being a respectful person and developing skills in physical activities.

PRF202, PE Recreation / Athletic PE

Grades 10-12

Students will participate in a variety of movement activities as well as build a foundation of knowledge for life-long health. Emphasis will be given to improve physical fitness, being a respectful person and developing skills in physical activities. This is a follow up course to Freshman Core.

PRF22G, Weights and Conditioning

Grades 10-12

This course is designed for the athlete to develop strength, endurance, flexibility, coordination, and body fitness. Principles of weight training, proper diet and nutrition, and basic anatomy will be taught.



2024-2025 COURSE SYLLABUS

Locker & Locker room rules: Students will use a locker in the locker room 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 must be locked in a locker in the locker room. VALUABLES MUST NOT BE BROUGHT TO CLASS. Students inside the locker room, other than during their PE class, will receive a referral for further disciplinary action. The school is not responsible for any lost or damaged personal items.

Cell Phones & Electronic Devices: When students enter the locker room, all cell phones and electronic devices must remain in a backpack or locker until the end of the period. Cell phones and electronic devices ARE NOT ALLOWED during class. Cell phones/listening devices will be confiscated if they are out during class including the locker room (see school cell phone policy).

Uniform: To be prepared for class, all students are required to wear their PE uniforms and appropriate footwear. Kennedy uniforms consisting of a Kennedy-branded t-shirt and shorts may be purchased through the PE Dept. for \$30 (both) or \$15 (per article) with cash only. Plain gray sweatshirts and/or sweatpants are acceptable over the PE uniform during cold weather outside activities but not during warmer weather. Either way, please ensure to observe the following: All students must wear appropriate closed toed athletic shoes with laces. STUDENTS WITHOUT PROPER FOOTWEAR ARE NOT ALLOWED TO PARTICIPATE. Shorts and sweatpants must be worn at the waist. Students must have their last name and first initial printed on their shirt and shorts. All PE clothes with other writing on them are not allowed and must be replaced. Lost or stolen clothes must be replaced within one week.

Fitnessgram: Students must be in the Healthy Fitness Zone (HFZ) in 5 of 6 areas tested during the Spring test or they must continue taking physical education classes each year until they pass regardless of their PE grade. Though students will have opportunities to improve their fitness during class, students who struggle in specific areas are strongly encouraged to work on those areas outside of class. For more information about the Fitnessgram test and how to score in the HFZ please see the following website:

<https://pftdata.org/files/hfz-standards.pdf>

Standard Grading: Each student is expected to login to their Infinite Campus and Google Classroom using their username (firstname-lastname@student.scusd.edu) and password (please see your counselor ASAP if you don't know your password). Here they can see their grades, class information and assignments. If the student does not have access to their account, they need to inform their teacher immediately.

Assessment: In class and online assessments will be posted to check for student understanding and/or develop further understanding of various concepts related to Physical Education. To ensure accountability for student learning, assessments on safety, form, fitness, and basic anatomy will take place throughout the semester.

Participation: Students are expected to come prepared with the required uniform and participate in all activities on a regular basis. Students may earn up to 10 points per day. Standing around, coming to class unprepared, horseplay and activities other than what is assigned are off task behaviors that will result in a loss of points. Students who are wearing improper shoes will lose their participation points for the day and cannot make them up. See **Make-up Work** section for absences. Points may be deducted for the following reasons:



2024-2025 COURSE SYLLABUS

Grading: (Grading scale is standardized by the district)

10 points are given daily. It is possible to get 0 points for the day. Check infinite Campus to view actual grade percentages. **50% grade policy applies to final posted grade at the end of the semester ONLY - not participation/assessment grades.** Grades are earned based on:

Stretches	2
Cardiovascular/Warm up	2
Activity	6
Partial participation of activity (incl. Bathroom passes, social butterflies, etc)	-3
Off task behaviors (incl. unprepared, disruption, wallflowers, poor sportsmanship, etc)	-4
Absent (See Make-up Work section below for excused absences)	-10
Cell phone or electronic device in class (see student handbook) & improper footwear	-10

In order to receive a passing grade, students must have a grade percentage of 59.5% or higher and less than 25 non-participation days (not counting excused absences or injuries).

Bathrooms are available in the locker room before and after class (during dress time) so going during the activity will result in missing activity points. Bathrooms used during activity must be in the Admin building.

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 by writing 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.** See Make-up Work section below.

Make-up Work: One make-up is required for each excused absence or each excused non-participation day. Make-up work is due within the quarter of the absence. Students may make-up no more than **Ten** days per quarter. If there is a medical situation that is more than ten days, students are advised to talk to their counselors about other options. Students will need to make an appointment to schedule their **IN PERSON** make up day(s). Physical education is participation based and their make up will be physical to make up lost activity minutes mandated by the State of California.

NON-SUITS AND UNEXCUSED ABSENCES CANNOT BE MADE UP.