



# 2018--2019 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.

### **PRF22C, Beg Dance**

#### **Grade 9-12**

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, be a respectful person and develop skill 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, be a respectful person and develop skill in physical activities. This is a follow up course to Freshman Core.

### **PRF22G, Weight 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.



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## **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 the required uniform consisting of the JFK PE t-shirt and shorts or a plain grey t-shirt and plain green shorts with their LAST NAME and FIRST INITIAL printed in the appropriate box. All students must wear appropriate closed toed athletic shoes with laces. STUDENTS WITHOUT PROPER FOOTWEAR ARE NOT ALLOWED TO PARTICIPATE. Plain grey sweatshirts and/or sweatpants are optional. Shorts and sweatpants must be worn at the waist. All PE clothing with other writing on them is not allowed and must be replaced at the student's expense. PE clothing may be purchased through the PE Dept. with cash only. Lost or stolen clothes must be replaced by the student within two days.

## **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. Although 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 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 and class information.

## **Assessment (20%):**

To ensure accountability for student learning, students will have assignments and assessments throughout each semester to check for understanding and/or develop various concepts related to Physical Education. These include assessments on safety, form, fitness, and basic anatomy.

## **Participation (80%):**

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 activities 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 participate for the entire period. 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:



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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
Cell phone or electronic device in class	-10

**Grading Scale:**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
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 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 assignment is required for each excused absence or each excused non-participation day. Make-up work is due within **Five** days of a return from absence or end of excuse. Students may make-up no more than **Ten** days per quarter. If there is a medical situation that will require missing more than ten days, students are advised to talk to their counselors about other options. Off campus school related activities including athletics are excused from make-up work assignments. **NON-SUITES AND UNEXCUSED ABSENCES CANNOT BE MADE UP.** Please see your teacher for make-up work.

**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.