



Every student is scheduled for a required program of Physical Education. Physical Education provides for the opportunity to participate in a variety of activities. The goals of the program are based on the National Standards for Physical Education developed by the National Association for Sport and Physical Education, to physically educate students to: Develop skills necessary to perform a variety of physical activities; Improve physical fitness; Participate in regular physical activity; Acquire knowledge of the implications of and the benefits from involvement in physical activities; Develop an appreciation of physical activity and its contribution to a healthy lifestyle.

### Course Description:

**PE Core 1:** This course has a strong focus on improving personal fitness as well as exposing students to multiple genres of physical activity that will promote a lifetime appreciation and recognition of the importance of physical fitness. Students are required to take a fitness assessment and will learn game play concepts, specifically investigating the rules, guidelines, and skills pertaining to team and lifetime activities.

Students will focus on development of health related fitness components, personal fitness, body responses to fitness, motor skill improvement, sportsmanship for students to realize his or her maximum potential.

### Objectives:

- Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.
- Analyze health-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.
- Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan.
- Assess safe and unsafe practices during physical activity settings and determine the consequences and the impact on self and others well-being.
- Identify and engage in various physical activities that support health, physical fitness, motor skill improvement, group interactions and enjoyment.
- Recognize and use components of the fitness principle to improve physical fitness.
- Describe the effects and changes that occur to the body during moderate to vigorous physical activity.
- Describe, using appropriate vocabulary, and use training principles to improve physical fitness.
- Use selected movement skills, concepts and game strategies when participating in physical activities.
- Analyze social, emotional, physical, cognitive and environmental factors that impact personal fitness and activity goals, preferences and group interactions of adolescents.

**PE Core 2:** This course has a strong focus on improving personal fitness as well as exposing students to multiple genres of physical activity that will promote a lifetime appreciation and recognition of the importance of physical fitness. Students are required to take a fitness assessment and will learn game play concepts, specifically investigating the rules, guidelines, and skills pertaining to team and lifetime activities.

Students will focus on development of skill related components of fitness, exercise and training principles, game strategies and evaluate movement through participation in a variety of physical activities

### Objectives:

- Describe the effects and changes that occur to the body during moderate to vigorous physical activity.
- Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.
- Analyze movement performance and the application of game strategies for lifelong participation in physical activities.
- Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.
- Apply scientific principles and practice strategies to improve the quality of complex movements.
- Apply skill-related fitness components and game strategies when participating in complex games and physical activities.
- Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.

### PE Expectations:

- **Attire** – For **safe participation in Physical Education a complete change into movement clothes is required.** Movement clothes acceptable for PE includes sweatpants, sweatshirts, t-shirts, activity shorts, socks and sneakers. **Reminder all school dress codes apply for PE (all shirts need to have sleeves that cover the shoulders, no undergarments or cleavage may be exposed...)** Student athletes are not to wear school assigned athletic team uniforms. **No jewelry is allowed except earrings close to the ears** (i.e. small posts.) To comply with

the rule, a plastic or rubber spacer may be used for all other visible body piercings. Students will be held accountable for this policy as failure to comply may result in injury to self and others. Limited choices of activity along with half credit for the class period.

- **Electronic Devices** – All electronic devices (phones, MP3 players, ipods, etc.) are not to be used during class. Electronic devices should be turned off, stored and secured in your locker. Absolutely no electronic devices including cell phones are permitted out and visible at any time in the locker rooms or bathrooms. This is a zero tolerance policy.
- **PE Medical Excuses** – All PE medical excuses must be taken to the school nurse between 8:00am-8:10am in the morning. The nurse will complete documentation of the excuse and complete a PE excuse for your PE instructor. Physicians need to provide feedback describing modified physical activities that can be performed within the class structure. The physical education department is consistently working with the nurse's office to contact parents & physicians regarding options for modified activity. Turn the PE excuse into your instructor at the beginning of class. If arriving late to school, please try to see the nurse though out the day prior to PE class. This process takes only a few minutes.
- **Security** –The PE staff along with school officials make every effort to secure the locker room. However, from time to time the locker room doors are unlocked. All students will have the opportunity to be issued a PE lock. Locks can be signed out at the beginning of each school year and must be returned at the end of the year. If the lock is not returned, a fine for a replacement will be turned into the main office. Because the locks are loaned out at no cost, **only school issued locks** may be used. Students may secure belongings in an assigned short locker between class periods. The PE teacher/department is not responsible for lost, damaged or stolen items
- **Locker room entrances:** All students should enter and exit locker rooms from the hall entrances only.
- **Team Room** – The sports team room will be closed during the school day. Be sure that if you use a locker in this area that you have all belongings needed for the school day. This locker cannot be used as your PE locker.
- **Beginning of Class** – Be on time. Tardiness will be recorded. Classes will have approximately 5 minutes to change into movement clothes. Wait in the locker room until dismissed to the gym by your instructor. Roll will be taken in squads upon leaving the locker room.
  - **Days 5 and 6: Periods 1 & 3 will report directly to the auxiliary gym for homeroom and be dismissed to the locker rooms following attendance and announcements**
- **End of Class** – Students will be given sufficient time to change into school clothes and shower if desired. Remain in the locker room until the bell rings or until the instructor dismisses the class. An area around the PE doors to the hallway will be marked off with tape (the box); students are to stay behind this area (in the gym) before the dismissal bell rings.
- **Restricted areas** – Please allow access to general areas; do not gather at the gym doors or locker entrances/exits. Emergency Exits to outside the building should only be used for evacuation purposes.
- **Participation** - In order to be physically active, you need to be present and participate in warm-ups, daily activities, skill assessments and cool downs.
- **Physical Fitness Testing** – completion of a pre and post physical fitness test is a course requirement. Grading based on completion and performance. For additional information and to track you progress, Fitnessgram can be accessed via the high school website.
- **Grading** – Grades will be based on completion of pre and post physical fitness tests, skill testing, participation on task, and participation on task as assigned, written assignments and exams.

<u>Nine week grades:</u>		<u>Final Course grade:</u>	
Psychomotor Assessment (Daily Performance)	80%	Nine week grade	80%
Cognitive Assessment (Written Assessment)	20%	<u>Final Exam Grade</u>	<u>20%</u>
		Final Course Grade =	100%

**Final Nine Week Grade 100%**

Daily grading: 10 points per day\*

2 pts. - Warm-up laps

2 pts. - Warm-up exercises/stretching

6 pts. - Daily activity

\*Double periods count as two class periods.

- **Make-up** – Each student is allowed four absences during a nine week period without penalty. Any absences after four must be made up within one week from the date missed. Failure to do so will result in a zero for that class period. If possible, please plan ahead, make-up classes can be completed prior to the fourth absence.
- **ISS/AEP/OSS** – Students are responsible for work/activity missed due to these types of absences. The make-up period is outlined above.
- **Excused Absences** – All work must be made up within one week of the date of absence.
- **Other Activity Opportunities** – A.M. Open gym (must wear sneakers, no jewelry),
- **Passes** – all students must have a pass when arriving late or leaving during class time.
  - Only PE teachers can write a pass for a student to come to the gym (make-up classes/exams, extra classes...)
- **Gymnasium /Class Rules ---**
  - **SPORTSMANSHIP** Attempting each activity, being positive, encouraging others, following the rules and being honest in class are all expected behaviors of being a good sport.
  - **No Food, Drink, or gym in the Gymnasium at anytime.**
  - **Only clean sneakers permitted on the gymnasium floor – dust and dirt on shoes act as an abrasive.**
  - **Climbing on closed bleachers prohibited – doing so is dangerous and can cause damage to the bleacher frame.**
  - **There will be zero tolerance of abuse of equipment and/or facility (such as hanging on basketball nets and rims). Misuse or abuse of PE equipment, including but not limited to, items such as heart rate monitors and/or computers, may result in the student being held financially responsible.**

## PE Guidelines for COVID

- Please wash hands or sanitize before entering and exiting class.
- Bring a separate/spare mask for PE
- Lockers are assigned by class period - Class period 1, take a locker marked with #1 etc.
- When in the locker room please change and remain seated on your bench once changed. You will be dismissed at beginning and end of class by row.
- We will have class outside whenever possible. Please wear weather appropriate attire. Remember we abide by the school's dress code with the addition that you must have a t-shirt WITH sleeves, without a scoop neckline and long enough to cover your abdomen. Shorts should be long enough for appropriate coverage.
- Please bring a filled water bottle to class.
- When traveling/moving be sure to maintain physical distancing.
- Masks are optional for the time being but subject to change according to school policy

