



COURSE NAME:

PE Strength/ Conditioning

INTRODUCTION/COURSE DESCRIPTION

(1 Semester-- 9, 10, 11, 12- This class is a prerequisite to PE Strength) This course would allow students the introductory level of weights. Proper technique/vocabulary/and mechanics will be discussed/performed while in the class. Students will also understand the muscles and body movements that are being used throughout the semester. Students will be introduced to team build and get their account set up and how to navigate throughout the app to become a more involved lifter.

ESSENTIAL LEARNING OUTCOMES

1.Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

- Demonstrate the ability to perform cardiovascular activities on daily basis.
- Demonstrates exercises to improve flexibility and prepare body for workouts.
- Demonstrates the ability to perform and execute all lifting exercises.

2.The student demonstrates understanding of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

- Demonstrate the correct form of lifts to reduce the risk of injury.

3.The student will achieve and enhance a healthy living of physical activity

- Demonstrate 30 minutes of physical activity with heart-rate reaching to moderate level.

4.The student exhibits responsible, personal, and social behavior that respects self and others in physical activity settings.

- Engages in daily workouts-completes required workouts.
- Demonstrates knowledge of social engagement with concerns to safety (spotting)



5.The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Demonstrated knowledge on goal setting and reaching those goals.
- Be able to apply concepts and knowledge for future and life-long living.

SUPPLIES/TEXTBOOK

Tennis shoes

CLASSROOM EXPECTATIONS

PE ATTIRE and NON-DRESSES

Students have the option of dressing out for PE Classes. The expectation though is that students will participate in any clothes they are wearing, but will be required to have some form of athletic shoes during participation.

NO FLIP-FLOPS, DRESS SHOES, SLIP-ONS, COWBOY BOOTS or any other footwear that is not considered a tennis shoe will be allowed for credit for any class. Failure to wear athletic shoes will result in a half-credit deduction from the total of that day. You are allotted 2 free non-dress days, where you will not be docked for wearing the wrong shoes, but will still be required to participate that day.

MAKE-UPS

Anytime that a student is absent for class, students must make that class period up in order to earn their points.

Make-ups are performed by coming in outside of class time and using one of the cardio equipment in the weightroom. Students can make up classes during WIN, before or after school, or during the students study hall.

If it is a RUN DAY MONDAY that is missed- students must make up that part of class in the gym or on the track, depending on weather, etc.

Injuries- If you are injured and will be out for an extended period of time, you will be dropped for the quarter or semester (all dependent on the seriousness of the injury) and then you will make it up in later semesters. If the injury is short term, you will be required to make up classes before the semester ends.



TARDIES

This will be determined by the teacher as each class will be different because of logistics and timing.

END OF CLASS

You will be given ample time to dress back into your daily clothes. At that time, there will be a designated spot that you will need to be at until the bell dismisses you. This will also be determined by the teacher. Students not following directions could be subject to no credit for the day and be counted absent.

GRADING SCALE

RUN DAY GRADING SCALE

10 POINTS- Completes the number of laps/time required for that individual

8 POINTS- Is one lap short when running in the gym or :30 off of the required time if on the track.

6 POINTS- Is two laps short when running in the gym or 1:00 off the required time if on the track.

4 POINTS- Is three laps short when running in the gym or 1:30 off the required time if on the track.

2 POINTS- Is four laps short when running in the gym or 2:00 off the required time if on the track.

0 POINTS- Is absent (needs to be made up.) or is five laps short when running in the gym or over 2:30 off the required time if on the track.



BFHS PHYSICAL EDUCATION GRADING

4 PTS	EXCEEDING STANDARD	<ul style="list-style-type: none">• Warm-ups properly (no walking, shuffling feet)• Actively engaged in class, not on phone, deep understanding that goes beyond the learning goal.• Performs all exercises, cleans up,
3 PTS	MEETING STANDARD	<ul style="list-style-type: none">• Somewhat warm-ups. Not giving full effort• Somewhat engaged, skips part of workout, checking phone occasionally.• Does work-out, but does not clean up, help out.
2 PTS	WORKING TOWARDS STANDARD	<ul style="list-style-type: none">• Gives half effort for warm-up.• Does less than 50% of workout. More time of being distracted than participating.
1 PTS	INSUFFICIENT PROGRESS	<ul style="list-style-type: none">• Very minimal effort for warm-up• Does less than 25% of workout. Actively distracted• Is a distraction to class
0 PTS	MISSED CLASS/NO PROGRESS	<ul style="list-style-type: none">• Missed class, needs to be made up• NO effort, not showing any progress

DAILY POINT DAYS

[Board Policy 505.5R]: Academic marks are recorded as letter grades, denoting the following quality of work:

"A" is the grade of distinction and represents work of superior quality

"B" represents work of excellent quality

"C" represents work of average quality

"D" represents work regarded as passable, according to the minimum requirements of the course in effort and quality

"F" denotes failure to successfully complete the course and no academic credit is received.

All classes that students are enrolled in are figured into the GPA.

All classes (except for AP) will use the same grading scale. The grading scale is as follows:

A+ = 99-100% ↑	A = 93-98%	A- = 90-92%
B+ = 87-89%	B = 83-86%	B- = 80-82%
C+ = 77-79%	C = 73-76%	C- = 70-72%
D+ = 67-69%	D = 63-66%	D- = 60-62% F = 59% ↓



*AP courses will be weighted and use the following grading scale:

A = 4.5	A- = 4.17	B+ = 3.83
B = 3.5	B- = 3.17	C+ = 2.83
C = 2.5	C- = 2.17	D+ = 1.83
D = 1.5	D- = 1.17	

GRADING

The semester grade will be a cumulative of daily points equaling 100% of the final grade.

Grade Post Dates

Semester 1: September 24, October 24, November 25, and January 10

Semester 2: February 13, March 26, April 29, and May 30

LATE WORK

All PE makeups have to be made up before each grade check to receive credit. If classes are not made up before then, or a plan is arranged with the teacher prior, you cannot receive credit for those missed classes.

RETAKE POLICY

Students are expected to aim to perform well the first time on assessments. There are times when mastery hasn't been demonstrated due to a variety of reasons. Students choosing to retake must complete the process within one week (5 school days) of receiving back the graded assessment.

If a student wishes to retake, the student must initiate communication with the teacher, complete a retake form (*a form will be created for the building*), and schedule a time to do so. This can be completed during a study hall, a time arranged with the teacher, or before/after school with a teacher of that subject area. In order to qualify for a retake, all necessary work must be turned in prior to the original assessment (i.e. homework, study guides).

Students can retake an individual assessment only one time and are allowed four (4) retakes during the semester per class. Those students enrolled in DMACC and/or AP classes will follow the course syllabus. There will not be retakes allowed on semester exams for any class.

Note: There are some projects/assignments/assessments that may not qualify for a retake. This will be at the teacher's discretion.



W.I.N.

The purpose of W.I.N. is to provide students with an opportunity for reteaching of specific concepts/skills, retaking assessments, and providing supplemental materials for the essential learning standard(s). Teachers will request students as needed, but students may also elect to go to a specific teacher during this time. Sign-up for W.I.N. takes place every day Tuesday through Friday from the beginning of 2nd period until 9:15 a.m. PE makeups will be available Tuesday-Friday.

ACADEMIC INTEGRITY

All student learning is based on the understanding that everyone is thoughtfully engaged in academic tasks and respectful of the work of others. Academic integrity applies to all aspects of teaching and learning. Class assignments and assessments are tools to help students learn; grades show to what degree students achieve learning goals. Therefore, all assignments and assessments for which students receive grades should result from the student's own effort and understanding.

Behaviors that violate Bondurant-Farrar's standards for academic integrity include but are not limited to:

- **Plagiarizing work:** Whether the source material is from another student, the web or any other medium, students will not appropriate source material and pass it off as their own.
- **Sharing work or unauthorized collaboration:** Students will not aid or assist other students in any way on individually assigned tasks.
- **Cheating:** All traditional forms of cheating are also unacceptable. This includes behaviors such as capturing images of tests, communicating during exams, etc.
- **Falsifying Information:** Students will not change a grade assigned by a teacher electronically or in the teacher's grade book.

First offense:

- Student will be asked to complete an alternative assignment/assessment potentially under adult supervision
- Appropriate disciplinary actions will be assigned, including but not limited to detention, in-school suspension, parent communication/meeting, or other additional measures

Second offense:

- Student will receive no credit for the assignment/assessment



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- Appropriate and potentially more serious disciplinary actions will be assigned, including but not limited to detention, in-school suspension, parent communication/meeting, or other additional measures

ELECTRONIC DEVICE POLICY

Electronic devices such as cell phones, smart watches, headphones, and earbuds, not provided by the school, can cause disruption to the school environment and interfere with student learning. All electronic devices must be concealed during instructional time unless authorized by the classroom teacher for instructional purposes. Students are expected to refrain from using their devices for non-academic purposes. Misuse of devices include but are not limited to taking photos/video in the locker room or restroom, using a device to cheat, using a device to incite violence, using a device to bully, harass, threaten, or intimidate another person including a student or staff member, to disseminate inappropriate photos/videos or other restricted materia, etc.

Bondurant-Farrar High School assumes **NO RESPONSIBILITY** for the loss or theft of any electronic devices nor is it obligated to investigate any loss or theft. If you are concerned about loss or theft, leave the device at home.

Violation of this rule can result in the following, including but not limited to: loss of school privileges, detention, in-school suspension, out-of-school suspension, application of the Good Conduct Rule penalties, or in severe cases, taken before the Board for purposes of expulsion. Depending on the severity of the misuse, local law enforcement may also be contacted.

1st Offense: Verbal warning and request to conceal device

2nd Offense: Minor referral, student places phone on teacher's desk and student will retrieve it at the end of class.

3rd Offense: Major referral (Insubordination), student will be asked to retrieve at the end of the day from the office.

4th Offense: Major referral (Insubordination), parent/guardian will be asked to pick up at the end of day from the office.

No phones are allowed in PE/Strength class.



Consequences for additional offenses will be determined by building administration.

ADDITIONAL INFO