

Physical Education II - Syllabus

Description:

All students will participate in a variety of daily physical activities. Activity classes consist of cardio, swimming, softball, soccer, volleyball, football, floor hockey, dance, aerobics, basketball, conditioning, fitness, weight training, badminton, lacrosse, yoga, and stretching.

The National SHAPE Learning Standards that will be addressed during this portion of the class are:

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others
- Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Rules/Expectations:

- **Students must be properly dressed in their school provided PE uniform (consist of Kelly P.E shorts and a Kelly P.E t-shirts) with proper gym shoes every day! NO FLIP FLOPS, NO SLIDES, NO SANDALS**
- **Cost of uniform is \$ 20.00 (\$10.00 for shorts, \$10.00 T-shirt)**
- Respect yourself, your teacher, and others at all times.
- Work safely and cooperatively with others.
- Assist in distribution and collection of all equipment/materials.
- Food, drinks, candy or gum are not permitted into the physical education areas.
- Cell phones are not permitted in physical education areas.

Locker Rooms:

- Students will be granted 5 minutes at the beginning and end of class to get dressed. Extended time will be granted during the aquatic unit.

- There is to be no misconduct in the locker room. Unnecessary loudness, profanity, running, pushing, throwing equipment, horseplay, towel snapping or any like behavior will not be tolerated. Infractions will result in a detention and loss of all points for the day.
- Students are required to bring a personal lock for use in the locker room. A lock for locker room use will not be provided by the school.
- The teacher is not responsible for any lost valuables. Leaving any personal items unattended at any time invites theft. Use the lock to protect your belongings—this is the student's responsibility to safely store their belongings.
- It is the student's responsibility to clear out their lockers at the end of each class period. Any locks left on lockers are subject to be removed and clothes/articles left over will be thrown away.

Grading Scale:

90%-100%	= A
80%-89%	= B
70%-79%	= C
60%-69%	= D
Below 59%	= F

Graded Content:

Formative Assessments: 70%

- Self-Assessments
- Peer Assessments
- Exit Slips
- Teacher Observation
- Selective Response
- Daily Reading
- Performance Assessment
- Open-Ended Tasks
- Research projects

Summative Assessments: 30%

- Exams
- Quizzes
- Portfolio
- Program Workout Plan
- Presentations
- Research Project

- Students will earn up to 10 points for each class period per the rubric below.

Kelly College Prep P.E Daily Activity Rubric

10 – A Range	8 – B Range	6 – C Range
Student exerts maximum and continuous effort	Student exerts above average and frequent effort	Student exerts minimal and infrequent effort
Student is a role model for other students and is a classroom leader by deed or example	Student requires some teacher prompting, but is mostly self-initiated	Student requires continual prompting to participate
Student exhibits superior sportsmanship	Student demonstrates 10-Range work, but is tardy	Student demonstrates 8-Range work, but is tardy
Student is on time and ready for class	Student exhibits good sportsmanship	Student exhibits good sportsmanship
4 – D Range	2 – F Range	0 - Range
The student is not dressed properly but remains actively engaged throughout the period	Student is absent (Eligible for a Make-Up)	Student does not participate
Student exhibits unsportsmanlike conduct	Student exhibits inappropriate behavior, is belligerent, and/or requires administrative intervention	
Student distracts others from participating	Student puts him/herself or others at risk	
Student demonstrates 6-Range work, but is tardy	Student vandalizes the equipment	

Student creates a dangerous situation by misusing equipment		
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Physical Education Department Tardy and Absence Policy:

Students that are late to class are still expected to participate. Once the locker room is locked students will not be able to use those facilities. Students will be allowed to change in the restroom.

Excused Absences and Credit Recovery:

Students have the opportunity to recover points missed resulting from an excused absence. Credit must be recovered within two weeks of the missed date or the teacher is not required to accept the make-up credit. In addition, the absence must be marked as excused within the two weeks that the student has to make up class. See teacher for make-up opportunities

Dress Policy:

Students must dress in school appropriate athletic attire. This includes Kelly P.E shorts, a Kelly P.E tee-shirt and athletic shoes. Tank tops, shirts that expose the midriff, and shorts that are deemed too short will not be allowed (students dressed inappropriately will be asked to change and receive a zero for the day with no opportunity to make up the points).

Aquatic Unit:

- Students will provide their own swimwear.
- One piece suits preferred for females. All students may choose to wear a t-shirt as long as it is made of a dri-fit or synthetic material (no cotton).
- Hair that can get in the eyes of the swimmer will require the use of a swim cap or ties back.
- Goggles are highly recommended.

Injuries:

Short Term (less than 3 days):

- Students are required to bring a note from a parent or guardian if they are to sit out of activity. Students may choose to engage in an alternative assignment to gain points for the day or receive zero.

Long Term (more than one week):

- Students who are unable to actively engage in physical activity due to long term injuries (more than one week) are required to bring a doctor's note directly to the physical education teacher. In this scenario, the physical education teacher will assign an alternative assignment to make up for missed work in class.

Remote Learning Expectations:

- Be on time
 - Be prepared
 - Check your tech before class
- Presentation
 - Check your surroundings
 - Dress appropriately
- Mute your mic
 - Keep your mic muted unless asked or need to share
- Headphones
 - Use them if you have them
- Participation
 - Stay focused
 - Listen
 - Be an active participant
- Chat Responsibly
 - Ask and post only appropriate class related comments and questions

I have read and understand the course syllabus.

Student Name: _____

Student Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____