



# ESPERANZA PHYSICAL EDUCATION

## Course Description

This course will provide a core standards-based curriculum to first and second year students. Goals for students include demonstrating a sophisticated knowledge of the many facets of physical fitness, a detailed assessment of fitness levels, and the ability to demonstrate improvement over the course of the semester. Beginning Physical Fitness is open to all students. Intermediate Physical Fitness is for students who have successfully completed at least one semester of the beginning course, and presumes mastery of the nine functional movements.

## Course Content Standards:

Adopted from National Standards for Physical Education (NASPE, 2004)

- Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
- Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
- Standard 3: Participates regularly in physical activity
- Standard 4: Achieves and maintains a health-enhancing level of physical fitness
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings
- Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

## Required Class Materials:

- Athletic clothing; For example, shorts with an elastic waist band and a T-Shirt or Tank, NOT worn to school that day.
- Appropriate athletic footwear

## PHILOSOPHY

The philosophy of the Esperanza Department of Physical Education states that all students will be given the opportunity to gain knowledge, skills and values, which support a lifelong practice of physical activity and wellness.

## DEPARTMENT RULES AND PROCEDURES

### UNIFORMS

For reasons of safety and hygiene all students must wear Athletic Clothing in order to participate. This consists of a t-shirt, shorts with an elastic waistband, and tennis shoes.

- A. NO BOOTS OR SANDALS ALLOWED. Students without proper gym shoes will be considered non-suit and not allowed to participate.
- B. Lacking any part of the proper clothing required for participation will mean the student will not earn points for the day. .
- C. Sweatshirts and sweatpants may be worn for cooler weather. No school clothes are allowed under your sweats. You cannot participate in school clothes.
- D. Physical education clothes (socks included) are to be taken home at the end of every week. They need to be laundered and brought back clean on Mondays.

Students will **not be allowed** to participate if:

1. Students are not wearing athletic clothing for participation. You may not wear your school clothes even if they are athletic in nature.
2. Students are wearing jeans or pants under their sweat pants.
3. Students are wearing boots or sandals. (tennis shoes only)

### LOCKERS AND LOCKER ROOM

Each student will be assigned a PE locker. Do not share your locker or your combination with anyone else. **Students are discouraged from bringing valuables into the locker room.** You are responsible for securing your locker before you leave for class. All backpacks books and valuables can be taken to class. The PE lockers should not be used as book lockers as you will not have access to the lockers during other periods.

- A. Absolutely no tampering with another students' locker or belongings will be tolerated.
- B. Any defacing of the mirrors, lockers and/or benches may result in detention and /or suspension for defacing school property.
- C. No student is allowed in the offices or equipment rooms unless approved by an instructor.

**MEDICAL**

A student may be excused, due to medical reasons, up to 3 days with a parent note. After 3 consecutive days, a doctor's note must be provided as required by State Law. If a student must be excused from physical education due to a doctor's medical note for more than 20 days the student will be placed on a Modified Curriculum program. Students on a physical education medical for the day must take notes and turn them in at the end of class. Students on partial medicals (ex. no running) dress out and participate in as much of the lesson as their parent or doctor's note allows.

**INCLEMENT WEATHER**

- A. During Inclement weather students will dress and report to class as usual. .
- B. No food or drinks other than water will be allowed in the weight room or the gym.

**Grading Policy:**

Grades will be based on a combination of activities including daily participation, assessment and improvement of fitness levels, and a demonstration of fitness knowledge. There are two grading periods each semester.

**I. Daily Participation:** California Ed. Code states students must actively participate in physical education class for a minimum of 400 minutes every 10 days. Participation points are earned each day and require that the student be dressed in athletic clothing. Participation is graded on max effort, demonstrated by elevated heart rate, number of repetitions during a time frame, staying on task, completing the daily assignment. The point value per day is 5 points and a student can earn anywhere from 0-5 points per day based on their level of achievement of the above mentioned elements.

**II. Assessment and improvement of fitness:** Students fitness levels will be assessed on a regular basis using various modalities, including teacher observation, timed tests, max lifts, and muscular strength. .

**III. Demonstration of knowledge:** Students will be required to demonstrate their knowledge of fitness movements, fitness concepts, and other topics related to fitness. These may take the forms of quizzes or class assignments.

**IV. Meeting minimum standards:** Students will be graded on their ability to meet minimum semester I performance standards. A list of standards will be distributed to students during the first week of the semester.

**V. Student Portfolios** (10%): Students will keep a daily fitness log that includes workout data and personal reflections and short term goals. At or near the end of each grading period, students will summarize their progress, using graphs and other graphic presentation strategies. The portfolio will be graded on completeness, neatness and effectiveness in demonstration of improvement

**Points will be deducted from student's overall grade for the following:**

- Absences (-5): Points deducted after each absent whether cleared or not
- Discipline (-5 to -50): Behavior Comment due to behavior unsafe or detrimental to the class
- Non-suit (-10): Student will not be allowed to participate and therefore lose participation points
- Partial Non-suit (-5): Student is not in complete EHS physical education uniform
- Non-Participation (-20): Student fails to participate or get involved in the class activity.
- Tardy (-5): Student is not in line when attendance is taken
- Truancy(-30): Student has failed to clear an absence with the attendance office

B. Quarter/Semester Grading Scale

100% – 90 %	A
89.9% - 80%	B
79.9% - 70%	C
69.9% - 60%	D
59.9% - 0%	F

**Participation Policy**

1. Students are given 1 pass for the semester they may use for Non Participation.
  - a. They may be used for a day they forget their clothes
  - b. Feel sick and need to rest
2. After the FREE pass has been used a non participation day will result in -20 points taken off of their participation grade for the week
3. If a student that has no missed days will receive additional a bonus at the end of the semester.