

Arapahoe High School Physical Education Department Information and Course Syllabus



Welcome to the AHS Health & Physical Education

Health/PE Department Mission

We will provide quality physical education that empowers all students to learn, develop, and apply the skills and knowledge needed for daily participation in personal fitness and lifetime activities.

Meet your Health & Physical Education Staff:

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Daily Expectations...

1. Be dressed and seated for attendance 5 minutes following the tardy bell.
2. Be teachable/coachable and expect to work hard and have fun every day!
3. No food or drink other than water in the gym, pool or weight room.
4. Take care of equipment and facilities. Report broken or damaged equipment to your teacher.
5. Maintain good hygiene by dressing out before and after class (keeping deodorant, towel and/or other personal items is recommended).

Dressing Out:

Activity (non-swimming Classes)

1. Non-Marking Tennis Shoes, sweats, athletic-type shorts and T-shirts should be worn to class. No khaki or denim bottoms can be worn.
2. Be prepared to go outside to warm up or for the activity that day (if weather allows). Highly encouraged to dress in layers so you can adapt. Some students keep sunscreen in their lockers.
3. Teacher Approval is needed for the following items: Hats, Sunglasses, Cell Phones and other electronic devices should not be brought to class unless otherwise approved.
4. Students will receive 5 minutes at the end of class to dress out. Plan accordingly. Students are expected to wait in the locker rooms or in the trophy hallway before the dismissal bell.

Swimming - See individual class syllabus for more details

1. All of the above expectations remain, plus:
 - A. One Piece Swimsuit (No bikinis or swimming briefs)
 - B. Goggles
 - C. Towel
 - D. Water safe shoe (rubber flip flop)
2. Additional Items may include: Swim Cap, Rash Guard
3. Students are encouraged to wear a t-shirt over their suit as they transition from the locker room to the pool.

4. Students may have up to 15 minutes to dress out at the end of the class.

Locker Rooms:

1. Each student has the option to be assigned their own locker within the first two days of class. **A combination lock is needed.** Do not share lockers.
2. DO NOT LEAVE VALUABLES in the LOCKER ROOM! Bring valuables to class.
3. Bring backpacks to class if they do not fit in your locker. Keep backpacks with you as you transition to the field, weightroom, gym or pool.
4. Locker rooms are not accessible following attendance, please plan accordingly. Please check out with your teacher and use the restrooms in the west event entrance.
5. Absolutely NO CELL PHONE USE in the locker room.

Safety Considerations:

1. Practice and play using the correct techniques discussed in the course. Proper movement patterns and being aware of our surroundings as you move will reduce the risk of injury.
2. Notify your teacher ASAP if you become injured during class.
3. Notify your teacher of a pre-existing injury or if you experience any injury or illness during class.
 - a. Asthmatics should have their inhaler accessible during the class (on their person if outside).
 - b. Students with severe allergies should have their epipen accessible during the class.
4. Report horseplay or inappropriate behavior during class or in the locker rooms. Hazing or disruptive behavior will not be tolerated.

Medicals

1. A student may be excused from activity by a parent note for 1 class period during the course. A doctor's note is required for any injury or medical condition that may lead to consecutive non-participation days.
2. Students will be provided alternative assignments/modified workouts in order to earn participation points. Please bring doctor's notes with recommended modifications to the student's teacher.
3. If the student has an injury that will prevent them from any participation in PE for more than 3-6 weeks the student may not be able to receive full credit for the course. This is dependent on whether the course is a quarter or semester long. Discuss options with the teacher.

Physical Education Course Grading Breakdown: A-F Grading Scale is Used

1. Attendance & Participation:

- A. Being present, ontime, dressed-out and doing your very best is key to success in PE class.
 1. Be on time to the PE area and locker rooms.
 2. Per school policy, attendance is taken the first 10 minutes of class! Be at your spot for attendance 5 minutes after the tardy bell.
 3. Each class period is worth 10 points regardless of time.
 4. Each student will have 2 or 3 Excused Absences that do not need to be made up depending on the course. Please communicate with your teacher.
- B. Only Excused Absences can be made up. If you are Unexcused (or tardy) it is up to the teacher to allow make ups. Make ups can be completed in a variety of ways that fit your course and situation.

2. Physical Assessments (PA's):

- A. PA's vary depending on the course.
- B. Swimming will include the 12 and 30 minute fitness swims. Treading water & Swim Skills Proficiency Tests

3. Written and Practical Assessments:

- A. Each course will have a written final exam and/or a culminating project that reflects and demonstrates knowledge and/or growth in the subject matter.
- B. Students may be assessed throughout the course on their ability to demonstrate skills and/or knowledge as it relates to the activities of the course.

Our ultimate goal is to prepare students beyond their time at AHS as outlined in the [Colorado Comprehensive Health and Physical Education Standards](#) below.

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Apply movement concepts, principles, strategies, and tactics to learning and performing physical activities.
3. Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Participate in and understand the benefits of regular physical activity.
5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
6. Apply personal safety knowledge and skills to prevent and treat injury

Please speak with your instructor if you or your parents have any questions, comments or concerns about Physical Education.

-AHS PE Department