

Winthrop High School

Physical Education

Course Procedures / Expectations

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A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity; one who values physical fitness and understands that both are related to health and well being.

Goals - The vision is for all students to be physically educated and have fun while moving. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including the development of:

1. A variety of motor skills and abilities related to lifetime leisure activities
2. Improved understanding of the importance of maintaining a healthy lifestyle
3. Improved understanding of movement and the human body
4. Improved knowledge of rules and strategies of particular activities and sports
5. Improved self-worth as they relate to physical education programs.

Units

- **PE 1:** This course consists of a survey of team sports, lifelong pursuits and fitness activities
- **PE 2:** This course will continue to advance students skills in team sports, expand the offering of lifelong fitness sports and address students fitness needs.
- **PE 3:** This course will run concurrently with PE 2 and allow students to develop their leadership skills in a physical activity setting.

Grading

Will based on total points. Total points will include scores based on participation, acquired knowledge and mastery of skills.

- Daily/Weekly Grades will be broken down into two categories
 - Habits of Work - are students prepared, on time and ready for class
 - Participation - are students active and working to potential

Participation - Students must dress appropriately for class (sneakers, t-shirt, sweatpants /shorts, etc.) AND participate actively for the entire class period in order to receive full credit for that day of class.

Class Materials

- Appropriate Footwear - No Crocs, No Sandals, No Boots, etc...
- Students must have a change of clothes, different from the clothes worn for school.
- Clothes that allow freedom of movement
- Clothes must meet school dress code

Changing Facilities -

- All students have the opportunity to use a locker room or bathroom to change into appropriate clothes for class
- Lockers will be issued upon request

Locker Room Use - from School Board Policy - JB TRANSGENDER STUDENTS GUIDELINES - MAINE

The use of locker rooms requires schools to consider a number of factors, including but not necessarily limited to the safety and comfort of students; the transgender student's preference; student privacy; the ages of students; and available facilities. As a general rule, transgender students will be permitted to use the locker room assigned to the gender which the student consistently asserts at school. A transgender student will not be required to use a locker room that conflicts with the gender identity consistently asserted at school. A transgender student who expresses a need for privacy will be provided with reasonable alternative facilities or accommodations, such as using a separate stall, a staff facility or separate schedule.

Missing Class - If a student is not in class then they can not get credit for participating in that class.

- Only excused absences and medical excuses can be made up. - Unexcused absences will result in zeros.
- Classes must be made up during the unit they were missed.
- Students will receive one excused absence per quarter without penalty.
- Missed classes will be made up through communication and a plan in Google Classroom

Medical Excuses - If a student will not be able to participate fully in PE class then they must have a note from a parent or doctor explaining what the injury is and what activity is allowed. If the excuse will last more than two classes a doctor's note is required. All classes missed must be made up. Activities can/will be modified to accommodate an individual's injury.

Exceptions - Students will not lose class participation for the following reasons; School field trips, athletic events, guidance/social worker appointment (1 per quarter).

Personal/Social - Students are expected to be able to participate in physical activity in a large group setting and show proper etiquette, sportsmanship, teamwork, cooperation and behavior. This will be assessed individually and by the instructor, using a rubric, over the course of the semester.

Knowledge - Students will be expected to acquire knowledge that enable them to participate in a variety of health enhancing physical activities. History, rules, strategies and technical information will all be assessed. Students will also need to know how to access physical activity opportunities in the community and how physical activity patterns change over the lifespan.

Class Procedures

- Students who enter the gym late will be marked "Tardy"
- Students are allowed 7 minutes to dress at the beginning and end of the period.
Students are not allowed to leave the gym before the dismissal bell rings. Students who leave early are cutting class and will receive a 0 for the day.
- All injuries, even though minor, should be reported to your Physical Education instructor.
- Any student who willfully damages equipment will be charged for the cost of replacement.

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Daily Participation Rubric

The quarterly participation grade is determined by taking the total number of points earned each class and dividing by the total number of points possible in the quarter. A student can earn up to 4 points every class. A daily grade will be determined by using the following criteria:

Exemplary: 10 out of 10 points	Average: 8 out of 10 points
Responds immediately to directions	Responds to directions
Exemplary behavior	Good behavior
Displays excellent effort	Displays average effort
Is a role model	Works to potential
Works to potential	Prompt in reporting to class
Prompt in reporting to class	
Below Average: 7 out of 10 points	Poor: 5 out of 10 points
Participates after prodding	Needs constant directions
Below average behavior	Unacceptable behavior
Displays below average effort	Use of foul language
Tardy in reporting to class	Displays no effort in activity
Use of foul language	
Unacceptable: 0 out of 10 points	Proper Behavior is defined as:
Unprepared for class	Addresses Teaching Staff With Respect
Truant from class	Demonstrates Cooperative Attitude
Unacceptable behavior	Maintains Self Control
Excessive or repeated foul language	Plays Fairly
Refusal to participate	Shows Respect For Self and Others
	Follows Safety Rules
	Displays Proper Sportsmanship

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Effort and Participation Rubric

Rubric will be used for assessment of the personal and social piece of students' grades. This may be completed periodically by both the teacher and individually by students as a means of self assessment.

Component	4	3	2	1	0
Attitude	Positive attitude; always willing to try hard	Positive attitude; often willing to try	Positive attitude; needs encouragement to try	Inconsistent attitude; needs lots of encouragement	Poor Attitude; does not respond to encouragement
Respect	Always courteous & respectful of others	Most often courteous & respectful of others	Sometimes courteous & respectful of others	Rarely courteous & respectful of others	Disrespectful of others
Initiative	Consistently attends, prepares & participates in all activities	Most often attends, prepares & participates in all activities	Sometimes attends, prepares & participates in all activities	Inconsistently attends, prepares & participates in activities	Rarely attends, prepares or participates in activities
Dependable	Very dependable	Most often dependable	Moderately dependable	Inconsistently dependable	Is not dependable

	<u>Student Score</u>	<u>Teacher Score</u>
Attitude Score	_____	_____
Respect Score	_____	_____
Initiative Score	_____	_____
Dependable Score	_____	_____

Total: _____
(Average of two scores)