

Physical Education Lifetime Fitness & Lifetime Activities

Instructor: Ms. Ashimine (celeste.ashimine@k12.hi.us)

Location: GYM A

Office Hours: Girls' Locker Room, by appointment only.

Credit: ½ credit each semester

Graduation Information: ½ credit + ½ credit = 1 full credit is a MANDATORY high school graduation requirement.

Welcome

Aloha, Grade 9 students & parents/guardians. I, Ms. Ashimine, am so excited to embark on this Physical Education journey with you this year. I have so many fun and exciting activities planned that I hope will inspire you to achieve your personal fitness goals and create lifelong healthy habits. I can't wait to get to know each and every one of you as we learn and grow together this year.

General Course Information

Physical Education is the discipline that teaches students the knowledge and skills to be physically fit and competent movers. The PE curriculum provides content that students need to know and be able to demonstrate in accordance with **Hawaii State and National Standards**. In its entirety, P.E. builds a foundation of appropriate instructional practices to promote and facilitate the application of movement forms, concepts, skills, physical fitness, and the development of physical activity that can be utilized throughout life to achieve and maintain a physically healthy lifestyle in support of college and career goals.

Required Materials:

1. Athletic/Sportswear (complete top and bottom)
2. Athletic-soled Shoes with Socks (e.g. tennis, running, basketball, etc.)
3. Water Bottle with Water
4. Student ID
5. Student Planner
6. Pen and paper

****Due to potential safety concerns, shoes are a mandatory requirement. No shoes may result in deduction of participation points. Participation in activities without proper footwear is subject to the teacher's discretion.**

PLEASE READ, FILL OUT, AND SIGN THE FITNESS LIABILITY WAIVER/INFORMED CONSENT FORM AND STUDENT HEALTH INFORMATION FORM ATTACHED TO THIS SYLLABUS.

Course Description

Course Objectives:

- **Assess** personal fitness level through participation in fitness tests (muscular strength, muscular endurance, body composition, flexibility, cardiovascular endurance).
- **Set** and **evaluate** personal fitness goals.
- **Design** a personal fitness plan to achieve a personal fitness goal.
- **Describe** the importance of anaerobic and aerobic training in achieving fitness goals and maintaining overall health and wellness.
- **Identify** fitness components and apply them into a well rounded fitness plan.
- **Develop** individual skills associated with teamwork, problem solving, and leadership.

National PE Standards:

- **Standard #1** - Competency in a variety of motor skills and movement patterns.
- **Standard #2** - Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard #3** - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard #4** - Exhibits responsible personal and social behavior that respects self and others.
- **Standard #5** - Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Hawaii State PE Standards:

- **Standard #1** - Movement Forms: Use motor skills and movement patterns to perform a variety of physical activities
- **Standard #2** - Cognitive Concepts: Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
- **Standard #3** - Active Lifestyle: Participate regularly in physical activity
- **Standard #4** - Physical Fitness: Know ways to achieve and maintain a health-enhancing level of physical fitness

General Learner Outcomes (GLO's):

- **GLO #1** - Self- Directed Learner: The ability to be responsible for one's own learning.
- **GLO #2** - Community Contributor: The understanding that it is essential for human beings to work together.
- **GLO #3** - Complex Thinker: The ability to be involved in complex thinking and problem solving.
- **GLO #4** - Quality Producer: The ability to recognize and produce quality performance and products.
- **GLO #5** - Effective Communicator: The ability to communicate effectively with a variety of audiences for a variety of purposes.
- **GLO #6** - Effective and Ethical User of Technology: The ability to use a variety of technologies effectively and ethically.

Evaluation/Grading of Students

Assessment & Evaluation:

- Individual participation in various P.E./class activities.
- Formative assessments of student learning throughout each unit (quizzes, reflections, peer/teacher/self-assessment of skills, etc.)
- Summative assessments of student learning at the end of each unit (video projects, reflections, group projects, skills testing, written tests, etc.)

Grading Policy:

- **Regular attendance and student participation is required.**
 - Excusal note is REQUIRED for tardiness, inability to participate due to illness/injury, and an appeal for absences.
 - No appeal = unexcused absence. After 5 unexcused absences, student will NOT be able to make up missed work.
- Late work will be accepted until the following class period for half credit, but arrangements may be made for extenuating circumstances beyond control (ex: funeral, illness, accident, etc.)
- Excused make-up for any written or physical work (fitness run, skills test, etc.) must be completed by the date set by the teacher.
- Grade updates will be posted online via the school website and students are encouraged to regularly check on their grade to maintain personal accountability.
- Final grade for each quarter will be determined by the following percentages of total points earned:

90% - 100% = A	50% ... Participation in Various P.E. Activities
80% - 89% = B	25% ... Formative Assessments (classwork, homework, etc.)
70% - 79% = C	25% ... Summative Assessments (quizzes, tests, projects)
60% - 69% = D	
50% - 59% = F	

- The **semester grade will be determined by the average of the two quarter grades** and not by the average of the total points of each quarter.

Daily Participation Rubric - 10 points	
Ready to participate (2 points total)	<input type="checkbox"/> On time. (1 pt.) <input type="checkbox"/> Appropriate attire. (1 pt.) <ul style="list-style-type: none"> ◦ Appropriate attire is determined by the teacher according to the activities that are planned for that day.
Active Participation (8 points total) <i>**If student chooses not to participate, student will receive a zero.</i>	<input type="checkbox"/> Participates in a variety of physical activities. (2 pt.) <ul style="list-style-type: none"> ◦ Warm up. (1 pt.) ◦ Participates in a variety of physical activities. (1 pt.) <input type="checkbox"/> Demonstrates a determined effort. (2 pt.) <input type="checkbox"/> Participates positively as an individual or in a group setting. (2 pt.) <ul style="list-style-type: none"> ◦ Demonstrates respect for self, peers, and positions of authority. <input type="checkbox"/> Demonstrates safety for themselves and their classmates during physical activities. (2 pt.)

Class Rules, Consequences, & Locker Room Policy

Class Rules:

1. I will be respectful to all of my peers and my teacher.
2. I will be responsible for my own behavior as soon as I enter class.
3. I will be responsible for and respectful of all PE equipment.
4. I will always give my best effort, **even** and **especially** when I am struggling.

Consequences:

1. Verbal warning.
2. In-class detention and parent/guardian notified.
3. In-class detention, parent notified, & referral sent to vice principal.
4. Confiscation of electronic device & device sent to vice principal.

Locker Room Policy:

- Students will be allowed **5 minutes after the tardy bell** to utilize the locker room to dress out and **10 minutes before the end of the class period** to conduct personal hygiene and prepare for transition to the next class period. Otherwise, **students will be “locked out”** of the locker room.
- **No loitering or horseplay** allowed in the locker room for safety and security reasons.
- **Students are responsible** for the security and accountability of their personal belongings. Students provide their own lock to be used in the locker room as needed only during their respective class period. The school and P.E. teacher will not be held responsible for any loss, theft, or damage of personal property in or outside of the locker room during the school day.
- **No food or drink allowed** to be stored in the locker room. Keep the locker room litter-free.
- **No storage** of personal items, books, etc. to remain in lockers/locker rooms after class period.
- **Locks left on lockers overnight may be cut**, the contents in the locker removed and consolidated in the P.E. teacher's office for retrieval. **Items left unsecured will be confiscated** if noticed by the P.E. teacher. Check with P.E. teacher for lost and found items.



Parents/Guardians:

Please scan the QR code or visit www.ms-ashimine.com to fill out the Google Form to acknowledge the information indicated in the syllabus, fitness liability waiver, and emergency & health information for your student.

This is **required** for ALL students in WHS PE.

Please fill out the information below to acknowledge the information indicated in the syllabus.

STUDENT NAME (Print) _____

STUDENT SIGNATURE _____

PERIOD _____ SCHOOL YEAR _____ WHS G-mail _____

PARENT/GUARDIAN NAME (Print) _____

PARENT/GUARDIAN SIGNATURE _____

Please feel free to email me at celeste.ashimine@k12.hi.us if you have any questions about this syllabus

**WAIPAHU HIGH SCHOOL
FITNESS LIABILITY WAIVER/INFORMED CONSENT FORM**

I, _____, have enrolled in a physical education course at Waipahu High School.

I recognize that the program may involve strenuous physical activity including, but not limited to, muscular strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I understand and will abide by all rules posted around the classroom, physical education station, and syllabus.

By signing below, I agree to allow my child to participate in fitness class without proper footwear.

I agree to allow my child to participate in physical education classes without proper footwear. I understand that points may be deducted from my child's daily participation grade. I also understand that improper footwear may result in injury and will not hold the physical education teacher and school liable for such injuries.

Student Name (Print)

Parent/Guardian Name (Print)

Student Signature

Parent/Guardian Signature Date

Waipahu High School
Physical Education
Student Health and Emergency Information

As part of the requirements for your child to earn credit for Physical Education, he/she must participate in physical activities.

Please fill in the pertinent information below so accommodations may be made to facilitate appropriate physical education and activities for your child.

Student's Full Name: _____

Physical Education Teacher: _____ Period: _____

EMERGENCY CONTACT INFORMATION:

Name: _____ Phone: _____

Address: _____

My child receives regular care for the following medical conditions:

___ NO medical conditions

___ YES, Please check below:

- | | | |
|---|---|---|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Hearing Problems | <input type="checkbox"/> Rheumatic Heart |
| <input type="checkbox"/> Behavior Problems | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Sickle Cell Anemia |
| <input type="checkbox"/> Cancer/Leukemia | <input type="checkbox"/> Hemophilia | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Chronic Cough/Wheezing | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Skin Problems |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> JRA Arthritis | <input type="checkbox"/> Vision Problems |

___ Allergies:

___ Bee Sting ___ Food ___ Medication ___ Other _____

___ Takes Medication (list): _____

___ Other Health Concerns: _____