



University Preparatory School Physical Education 2019-2020

Introduction

As a Physical Education student at University Preparatory School, students will take part in a total fitness experience. Students will learn about physical fitness principles and why they are important to living a healthy lifestyle. Students will know how to assess their present fitness levels in a variety of areas. Students will learn how to perform in new sports, games, and lifetime activities. Students will get a chance to be in leadership roles and to work cooperatively in a team or group setting. Students will discover what healthy nutrition is and how to manage stressors in their lives. With all the knowledge the students will gain, they will have the ability to make healthy choices with regard to lifestyle, diet, and exercise.

Tips for Success

1. Dress out everyday, use your own clothes and make sure you lock your locker.
2. Be prepared for class, be on time, and strive for perfect attendance.
3. Challenge yourself and do your best in everything that you do.
4. Take a chance; don't be afraid to try something new.
5. Help others in your class to be successful.
6. Strive to be an achiever and a leader.

Activities

Here are some examples of activities that students will have the opportunity to learn about and participate in:

Volleyball
Basketball
Soccer (Indoor/Outdoor)
Badminton
Tchoukball
Scoop Ball
Bocce Ball
Kan Jam

Rugby
Circuit Training
Disc Golf
Dodgeball
Create-A-Game
Rugby
Dance
Track/Running

Fitness Testing

Personal fitness is a big portion of Physical Education. We want the students to know what their current fitness levels are. From there, they can set goals for the year and we will help them to achieve those goals. If students are willing to do the work, we guarantee that they will see results. Students will receive a fitness report card at the end of the year.

Physical Fitness Testing

Students will be tested two times in a year (Fall and Spring). They are graded on the amount of effort, goal setting and achievement of those goals. **The hard work put in will be rewarded!**

The following are the tests that will be performed:

1. Mile Run- Cardiovascular Endurance
2. Sit-ups- Muscular Endurance
3. Push-ups- Muscular Endurance
4. Shoulder stretch- Flexibility
5. Trunk Lift- Flexibility

Policies

Cell Phones/Locker Room

Cell phones are not allowed to be used or accessed at any point of P.E., including in the locker room. Cell phones will be confiscated. **No aerosol cans of deodorant, Axe, etc.**

Attendance

Any points lost from absences or medical excuses may be made up by the arrangement with the teacher. Students make up **excused** absences only by completing the make-up form. It is the student's responsibility to get their points made up.

Medical Excuses

A parent note, phone call, or email may excuse a student from activity for up to 3 days. If inactivity will be more than 3 days, a doctor's note is required. Students are limited to **3 parent notes** per semester. If an activity cannot be modified to fit the student's needs, an alternative assignment must be completed during class time to receive credit. If the student misses a running day, they must make up the run another day.

Uniform

Shirt and shorts: Solid royal blue or black gym shorts. **Short length is a 3 inch inseam in accordance with school dress code.** A solid (no writing) grey t-shirt or any **UPREP** shirt is required. All students must change out of school clothing, even if their school attire falls within the PE dress code. Students may purchase the school PE clothes from the main office. Tank tops, sleeveless shirts, cut offs, or jean shorts are not permitted. During cold weather, UPREP sweats, blue sweats or workout pants are acceptable. **Plain black leggings may be worn under PE shorts.** Mark all clothes as instructed by the teacher.

Shoes and socks: **Only** running, tennis, or court shoes are permitted. Socks must be worn at all times. **Shoes must have laces.** No boots of any kind, sandals, or slip on shoes.

Participation Requirement

All students are required to participate in all activities to the **best of their ability every day**. **Students are expected to have their own clothes and dress out for class activity every day.**

Lockers

Lockers will be issued to the students. **DO NOT SHARE COMBINATIONS** with anyone else. Do not keep valuables in the locker. Report any damage to the lockers to the teacher immediately. **LOCK YOUR LOCKER OR RISK ITEMS BEING TAKEN!!!!!! The school is not liable for lost/stolen items.**

Grading Policy

The Physical Education grade is based on student performance in class. Students must display a willingness to learn, and improve. Students must show the ability to lead, and accept new challenges. Students must develop and maintain a positive attitude toward the teacher, class, and classmates. Students must set goals and consistently work hard to try to achieve those goals.

Students are graded in categories. 3 weeks is the average length of a unit. The amount of points and categories varies depending on the unit.

Preparation (Formative): Students must attend class regularly, be dressed, on time, follow the rules, and behave appropriately. Points will be deducted for: tardiness, truancies, absences, loaners, non-dresses, and profanity.

Fitness (Formative): Students must participate in the daily warm-ups to the best of their ability every day. Fitness testing will be part of their grade.

Activity (Formative): Students are required to participate with the willingness to acquire new skills. Students are required to try to work as a team to achieve a common goal.

Cardio (Formative): Students will be required to participate in all running activities and maintain and/or improve their current fitness levels. **All runs that are missed either by medical reasons or absences will be made up by completing an 800. The student will have a break between runs and needs to complete the run on the next available running day.**

Skills/Activity Knowledge (Summative): Students must demonstrate the knowledge of rules, skills, and terminology of the activities being learned. Information is posted on the wall in gyms and on website the first day of the unit. It is also available on my website which is easiest to access through the link on my staff bio at uprep.net.

****All rules and policies are subject to change****



Grading Procedures for Mr. Schuster's PE Class 2019-2020

- **Aeries Grading:** Students' grades will be updated at the end of each unit. Units are typically completed every three weeks.
- **Hands to yourself:** There is no physical contact that is not part of the activity.
- **Tardies:** If a student is tardy without a note from the office or a teacher, 1pt is deducted (Student has a 5 minute passing period and a 3 minute dressing period).
- **Bathroom:** Students must use the bathroom before or after class. If a student leaves to use the bathroom, the 1st time is free, 2nd time is the loss of 1 pt., 3rd time is the loss of 2 pts, 4th time is the loss of 3 pts, etc.....
- **Clothing:** Regular school clothing (under armor is ok) is NOT allowed under the required PE clothing (Sweatshirts are allowed as long as the required PE shirt is underneath). Students must show the teacher that they are wearing the required shirt as attendance is being taken or **1 point** is deducted. General rule: if you wore it to school, don't wear it to class.
- **Loaners:** A point is lost each time loaners are worn. After the third time in one semester, a phone call home will be made. If loaners are worn a 4th time, a detention will be given.
- **Make-Ups:** If a student is absent and it is excused, he or she may make up the points lost by completing a make-up form. It is the student's responsibility to make up the absence. The student has one week (7 days) to turn in the MAC form. Example: if the student is gone on Monday and returns to school on Tuesday, **he or she must turn in the make-up form by the end of the following Tuesday to receive credit. If a make-up form is not returned, the student will lose four points per day.**
- **Gum:** **Gum is not allowed in class.** Chewing gum is not allowed on campus and it is a safety issue in this class. If a student is found chewing gum during class, the 1st time is free, 2nd time is the loss points and a detention is given, 3rd time is loss of points and an after school detention.

University Preparatory School
2200 Eureka Way Suite
Redding CA 96001



August 13, 2019

Dear Panther Parents,

I would like to take this opportunity to say welcome to University Preparatory School. For those returning, welcome back! I look forward to getting to know each student while teaching them in a fun and safe environment. My goal is not only to teach the skills and rules necessary to participate in a variety of games/sports, but to create an environment where students are encouraged and praised for their efforts. Together, we did a great job last year, and I would like to continue building on that foundation this year.

The UPREP Physical Education course description and my individual grading practices are available online at uprep.net by clicking "About UPREP", then "School Staff", and then selecting, "Steven Schuster Course Website". This is where study packets and information will be available all year. Please visit my website with your child and read over the class expectations with them that were discussed today. After reading, sign and detach the bottom of the form. This is your first assignment of the year, and is due by Friday, August 16th.

If you have any questions, please feel free to contact me. Email is the best way of communication. I am excited about this year and I hope that we can work as a team to help your student be successful in my Physical Education Class.

Thank You,

Steven Schuster
Junior High P.E.
High School Athletic Director
Varsity Girls Basketball Coach

My website>>> <https://sites.google.com/suhsd.net/uprepschuster/home>

(Detach here)

Student Name (Printed)

Period

Parent Signature

Date

Mr. Schuster's P.E. Class

- Tips for Success
 - Dress out every day, use your own clothes, and lock your locker
 - Be prepared for class and be on time
 - Challenge yourself
 - Take a chance, try something new
 - Help others in your class be successful
 - Strive to be an achiever and a leader
- Activities
 - Our department tries to give each student an experience in a variety of activities
- Physical Fitness Testing
 - Testing is done twice a year
 - 6 components
 - Mile run-cardiovascular endurance
 - Sit-ups- muscular endurance
 - Push-ups- muscular endurance
 - Shoulder stretch- flexibility
 - Trunk lift- flexibility
 - Body fat analyzer- body composition
- Policies
 - Only EXCUSED absences can be made up
 - Must be completed and turned in within 7 days of return to school
 - Only 3 parent notes (3 days each) are allowed per semester
 - Doctor's note must be provided if longer than 3 days
 - Modifications made with form
 - Uniform
 - PE clothes may be purchased
 - Any UPREP shirt and blue or black athletic shorts (no designs)
 - Athletic shoes only with laces
 - Roll is taken in gym 3 minutes after class starts
 - Stay in assigned spot until warm-ups begin
 - Report any injuries or thefts at the beginning of class
 - Students are only allowed in the locker room during their class period or with teacher permission
 - Loaner clothing available but at a loss of points
- Grading will be posted on Aeries
 - Cooperation Cardio
 - Fitness Skills/Knowledge
 - Activity