PHS Physical Education
Course 1
9th Grade

Course 1 Physical Education
Teacher: Mr. Peters
Email
PE Website
Schoology
Infinite Campus

Freshman Physical Education
5700 (Year) (9)
Following the CA State Physical Education Standards, Course 1 PE emphasizes knowledge and motor skill competencies with an emphasis on individual and dual sport activities, rhythm, and movement. Fitness, strength building, and health are emphasized through regular vigorous physical activity as well as demonstrating knowledge of fitness concepts, principles, and strategies. Self-responsibility, social interaction, and group dynamics are demonstrated through understanding psychology and sociology concepts applied to the strategies around performance and physical activity. The overall goal is to increase physical competence, health-related fitness, peer interactions, self-responsibility and enjoyment of physical activity for all students. All freshmen are required to take this course and participate in California Physical Fitness Testing (PFTs). **This course is required for all freshmen.**

CA Fitness Testing (FITNESSGRAM): In Course 1 and 2 PE, the semester begins with PE (preliminary) Fitness Testing, which is the same six tests (now 5) administered for the CA Fitness Tests (please see PE website/Schoology for more information). This gives all students baseline data with the goal to improve as the semester progresses. Students then take the state tests at the end of the semester/year and are given the results during finals week.

PHS 9th Grade PE Course 1 Description: Students will participate in a variety of single and dual sports as well as group dynamics, following the high school course 1 standards listed in the CA State Standards PDF for Public Schools. Lead-up games and skill acquisition and improvement will be emphasized as well. Units may include but are not limited to: volleyball, basketball, badminton, handball, soccer, indoor hockey, rugby, bocce ball, track, Frisbee, croquet, cardiovascular games, bowling, softball, aquatics, and dance (depending on facility space, class size, equipment and safety. Students will also learn the fundamentals of strength training and mechanics of lifting, heart rate, cardiovascular fitness and endurance, goal setting, personal fitness plans, core bodywork, and static and dynamic stretching. This course prepares students to think critically about their overall fitness level and what it means to be a supportive and positive role model to their peers (teamwork).

Daily Routine: Students have 5 minutes to dress in their PHS PE Uniforms **(please see Citizenship Policy for Uniform Guidelines)** and be seated in the attendance area in the gym or a tardy will be earned. Students have 5 minutes to dress at the end of the period if activity is in the gym and 10 minutes to dress at the end of the period if activity is at Witter Field. Students must line up at the bleachers before leaving class. Do not wait in the lobby or outside and do not leave class early, do not leave through the back locker room doors as well or you will earn an unexcused absence, a detention, and a loss of your daily points. It is your responsibility to make sure your possessions are locked up in your PE locker. You will be given a small locker for your PE clothes with a combination (write the combo in your phone) and backpacks can be stored in the cage on the boys side and the office on the girls side. Though two students will be assigned to ensure the office/cage are locked prior to leaving the gym, ultimately it is your responsibility to keep your own things safe (You are in high school!). *No food, drinks, IPODS, phones, etc. during class. A water bottle is okay.

Rhythmic Athletic Warm-Up: Dynamic stretching will be performed prior to activity, consisting of controlled leg and arm swings that take you (gently) to the limits of your range of motion. Stretches will be modified as needed in terms of each sports unit. The goal is to “activate” muscle groups that will be

used during the class, and increase flexibility, improve circulation, enhance recovery and decrease the risk of injury.

Resistance Band Warm-Up: After Dynamic Stretches, students will perform band stretches to further activate their muscles for exercise prior to weight training.

Abdominals, Obliques and Pushups: Students will learn the proper mechanics of a push-up as well as focusing on core strength training.

Beginning Mechanics of Lifting: Students will learn the proper mechanics of lifting in upper and lower body stations in the weight room focusing on legs, shoulders, chest, back, arms, and core. Proper technique and safety are of utmost importance.

Cardio Endurance: Students will run one to two warm-up laps most days. Students will run the mile every other week. If a student is absent on mile day, they will be given a 0 grade. However, they will have the option to make up the mile during any Academy prior to semester finals. The student must schedule the make-up ahead of time. Any mile previously run (4 laps) and completed can be made up as well for a higher score.

HW: Four HW assignments (not including first week HW), two per semester:
-First Week: signature sheet,one WR towel w/ initials, uniform with name
-1st semester: overload principle, muscular system
-2nd semester: skeletal system, heart rate log
-Pop up WR towel check (once to twice per quarter/semester)
*Late HW is worth half credit up to the week prior to finals.

Final:
1st semester
Biomechanics of lifting and muscular system final
2nd semester
Cumulative open chromebook final

Physical Education Grading Policy:

Item	**Percentage**
Daily Rate of Perceived Challenge (includes the following activities): -Sport Specific Functional Warm-up -Mechanics of Lifting -Core Work -Daily Cardio Fitness -Skill Work	**60%**
Cardio Endurance (mile run)	**15%**
Semester Final	**15%**
Homework/Classwork	**10%**

PE Calendar**:** If you would like to see our day to day routine, please check the PE Calendard link. All other information pertaining to a student's grade will be on **Schoology**. Grades are updated every one to two weeks.

*If participation is not possible for two or more PE class days and for a valid medical reason, a doctor's note is required explaining the long-term illness or injury. Students are encouraged to perform rehabilitation work in class during time permitted, as needed, as long as they do not need to be observed by a doctor or physical therapist.

*PE Absence Policy: If a student is absent for class (missing more than half of the class period), they will be given a 0 for that day. If a student is absent because of a PHS sport, they will not lose daily points

(please let your teacher know prior to the event). Students will have an opportunity to make-up their daily points by running two laps during Academy or on mile days prior to the end of the semester. Students must schedule the make-up ahead of time. *Every student will receive three "free" absences per semester, which, when used, will be noted in your grades in Schoology and no daily points will be lost.

*This is a performance based class, the majority of the work in class cannot be made up when absent. Please be aware that non-participation can ultimately impact a student's grade and progress. Progress is made through consistent practice and repetition in class. When participation is limited, progress is limited as well. Consistent participation in class is important in order to master the fundamentals taught in class. Knowledge of the techniques taught and daily participation is a major factor in a student's grade as well as each student's overall well being (the goal of the course is life long fitness). Please make careful decisions each day about your participation. **If you sustain an injury and you cannot attend class, you must communicate this to your teacher (face to face, emDo not go to the library without communicating first and check-in face to face if possible.**

How to Earn an A and Full Credit in Physical Education:
Challenging yourself is the key to success in physical education. The **A** student will consistently maintain the standards below:

-Consistently working/challenging yourself during rhythmic dynamic stretching
-Consistently working/challenging yourself during all cardio activities
-Consistently working/challenging yourself during resistance training
-Consistently working/challenging yourself during skills/games/fitness activities
-Consistently treat others with respect
-Consistently play by the rules
-Consistently display good citizenship and sportsmanship

Every day in physical education, the students are graded on their engagement and performance in dynamics, the weight room, the mile run, and the unit activity. Standards are explained in the **Rate of Perceived Challenge** (Are you challenging yourself?) chart. Points given for each level are based on the following standards:

10 points = Maximal Standard
8-9 points = Vigorous Standard
6-7 points = Intermediate Standard
4-5 points = Moderate Standard
1-3 points = Minimal Standard

Grading Scale:
A 90% - 100%
B 80% - 89%
C 70% - 79%
D 60% - 69%
F Below 60%

Schoology: Again, grades will be updated every one to two weeks. In a normal school week, classes meet three times. Students can earn up to 10 points each day based on the Rate of Perceived Challenge, so a normal three day weekly rotation equals up to 30 points possible (the mile run is graded separately and worth 10 points). *If Mr. Peters is absent, no daily points will be given. Poor behavior with a substitute will lead to a loss of laps off and an infraction/detention.