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Course Description

Physical Education at SRHS addresses rhythms/dance, individual/dual, team activities, effects of physical activity upon dynamic health, and the mechanics of body movement. In this course students develop proficiency in their movement skills, expand their capabilities for independent learning, and examine practices that allow sound decision making to enhance successful participation in movement activities. Students are provided with opportunities to improve their health-related physical fitness as well as to understand advanced concepts related to physical fitness and physical activity. Students learn how to achieve physical fitness and the importance of maintaining an active lifestyle throughout their lifetime. This course also provides an opportune setting for adolescents to learn appropriate social interaction skills.

Course Objectives

Through the medium of exercise and movement, all students will participate in a sequential, differentiated program that fosters each student's personal health, fitness and safety. Students will gain: an appreciation and understanding of the value of physical education and its relationship to a healthy, balanced lifestyle; an interest in the promotion of health and fitness; the motivation to participate fully in all aspects of physical education and work toward the attainment of optimal levels of physical fitness; effective communication strategies (verbal, non-verbal and written); the skills of understanding necessary to participate successfully in a variety of physical activities; the ability to reflect critically on all aspects of physical activity including that of being a critical performer; an understanding of international perspectives on physical activity, sport, and health education; AND a lifelong interest in and enjoyment of physical activities as a participant.

California High School Model Content Standards

Overarching Standard 1: *Students demonstrate knowledge of and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.*

Overarching Standard 2: *Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles and strategies.*

Overarching Standard 3: *Students demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activity.*

Physical Fitness Testing (FITNESSGRAM)

The primary goal of the FITNESSGRAM battery of tests is to assist students in establishing lifelong habits of regular physical activity. The FITNESSGRAM is conducted in November (upper class only) and March. Students will be pre-tested in September to establish baseline fitness levels and set personal goals. The FITNESSGRAM tests six (6) main fitness areas that represent five (5) components of fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. SRHS Physical Education students will have their first opportunity to achieve five (5) out of six (6) Healthy Fitness Zones in Grade 9.

The six FITNESSGRAM required test areas are:

1. Aerobic Capacity (PACER, One-Mile Run, or Walk Test)
2. Abdominal Strength and Endurance (Curl-Ups)
3. Trunk Extensor Strength and Flexibility (Trunk Lift)
4. Upper Body Strength (Push-Ups, Modified Pull-Ups, Flexed Arm Hang)
5. Flexibility (Back-Saver Sit and Reach, Shoulder Stretch)
6. Body Composition (Body Mass Index [height and weight], Percent Body Fat, Bioelectric Impedance Analysis)

Grading

The academic and citizenship grade is determined on the degree to which each student meets or exceeds the three overarching *California Model Content Standards* and by following class rules, arriving on time, wearing acceptable athletic clothing, exhibiting a willingness to learn, participating in class activities, and demonstrating courteous/respectful behavior.

Grade guidelines also include:

- Unit Fitness/Knowledge test/quiz/end of course exam
 - Weekly Timed runs
- See your teacher to make-up missed activities (e.g., absences and non-suits) within the current grading period

- 6 non suits within a semester not made up will result in an F.
- Only excused absences can be made up.
- **Notes from Coaches not in the PE department will not be accepted as an excuse for participation.**

****Non-participation may not be made up**

****This is a class that revolves around active participation. If you are not in class, you cannot actively participate in a Physical Education classroom. If you are planning to have a year filled with absences, be prepared for that to affect your grade whether the absences are excused or not. You will receive an ACADEMIC ENGAGEMENT GRADE each 6 weeks derived from attendance, punctuality, and preparation for class and active engagement in class. Students with poor attendance and or not suiting up for this class simply do not receive good grades in this category. A handful of absences should not harm your academic grade; on the other hand, a regular pattern of absences will damage your grade in this class. All other absences (sickness, family trips, etc) will not be excused in terms of the ACADEMIC ENGAGEMENT grade. Finally, you are responsible for obtaining any work missed during your absence(s) by speaking with your assigned PE teacher.****

Citizenship Grading Rubric

E	G	S	N	U
On task continually at all times	On task most of the time	On task more of the time than not	Off task more often than on	Continually off task
Prepared for class all consistently	Prepared for class most of the time	Prepared for class more often than not	Unprepared for class	Consistently unprepared for class
Works well with peers and instructor on a consistent basis	Works well with peers and instructor most of the time	Respectful of peers and instructor occasionally	Frequent disrespect to peers and instructor	Continual disrespect to peers and instructor
Listens and is not disruptive during instruction	Listens and is not disruptive during instruction	Very few disruptive behaviors	Frequent disruptive behavior	Disrupts class regularly
Actively participates in class daily	Actively participates often	Participates in class occasionally	Seldom participates in class	No participation in class
Practices and improves on corrections given to placement and disciplines taught	Practices and improves on corrections given to placement and disciplines taught	Responds to corrections but continually uses improper placement and disciplines	Does not practice at home or make improvements to corrections	Does not practice at home or make improvements to corrections

****The Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment. You may be required to attend a fundraising event; however, if you are unable to raise funds for the event, you will not be prevented from participating in an educational activity.

For more information visit www.sandi.net/staff/studentfees

Assessment

Assessment strategies used to evaluate each student's level of mastery of the three *California Model Content Standards* include, but are not limited to the following: cognitive tests, entrance/exit slips, essays, graphs, journals, logs, performance tasks, portfolios, projects, reports, rubrics, skills tests, structured observations, and video production and/or analysis.

Attendance

Students are expected to be in class on time and suited up each day. All absences must be cleared through the attendance office

Student Expectations/Course Materials/Uniforms

Physical education attire is a pair of appropriate-length school-colored shorts (grey, navy blue, cardinal, no more than two inches above the top of the knee) or sweats and a school colored shirt. Yoga pants and Spandex, or other tight-fitting clothing is not appropriate PE clothing. Students should print their name with a permanent marker on their PE shirt and PE shorts. Supportive athletic shoes and socks must be worn to ensure students' safety. Slip-on shoes, flats, boots, sandals, heels, etc. are not permitted. Scripps Ranch High spirit pack apparel may also be worn as your PE uniform. The PE staff is the final authority on the appropriateness of PE attire.

Students are also not permitted to wear hats, sunglasses or jewelry in PE. The physical education attire must be worn to conform to the school dress code policy. Gum, food and drinks, except water, are not permitted in all PE areas (e.g., locker rooms, gym, outside courts, stadium, fields, weight room and racquetball courts). The school staff is not responsible for lost/stolen items.

Locker Room

Each student will be issued a PE locker and combination lock to store/secure their PE clothes. For security reasons, students should not share a locker or their lock combination with others. Personal locks and/or key locks are NOT allowed. Students are responsible to make sure their lock is locked when leaving the PE locker room. PE clothes should be taken home on Friday, washed, and brought back on Monday. Students must return their issued lock at the conclusion of the school year. Students not returning their issued lock will be placed on the indebtedness list.

Students are expected to:

RESPECT THEMSELVES
RESPECT TEACHERS/CLASSMATES
RESPECT SCHOOL AND PERSONAL PROPERTY

Daily Responsibilities are:

Suit up daily and be on time to roll call number
Remain on number until the teacher arrives; if you are not on your number, you will be marked tardy
Participate to the best of your ability
*Do not leave your class at any time without permission from the teacher
*Do not leave the PE area before dismissal bell
Cell phones/electronic devices are NOT allowed in PE – if you forget, give the item to your Coach to hold
Any jewelry deemed unsafe by your coach must be removed
***Failure to follow the above guidelines may result in being marked truant and being referred to the office.**

Medical Excuses

Students with current medical conditions and/or physical restrictions should discuss their condition(s) privately with their coach immediately.

Per SDUSD policy, a written note from a parent can excuse their child from PE for 1-3 days. Students may remain in PE for up to two weeks with a medical note from a physician. A physician's note that excuses a student for more than two weeks needs to be reviewed by the school nurse and the student's counselor. The student may be placed in Med-Ex until cleared by their physician.

Students are required to suit up and participate to the maximum degree that their illness/medical condition allows. Students are required to make up all missed work. All medication should be registered with the school nurse. If an inhaler is required, you may give an extra to your teacher (make sure your name is on it).

Please complete, sign and return to your Coach

Coach (circle): Bocanegra Camp Crane Moran Moyer Wilson

PE Period (circle): 1 2 3 4 5 6

Dear Parents/ Guardians:

Please read the Physical Education Syllabus sent home with your student. The PE department would like to work with you to create a positive Physical Education experience for your student. Please discuss the syllabus with your son/daughter and contact his/her instructor if you have any questions.

Thank you for your support.

We have read the Physical Education Syllabus – please return to coach

_____ X
Print Student's first and last name Signature

_____ X
Print Parent/ Guardian's first and last name Signature

_____ Home Phone Work Phone Cell Phone

_____ Emergency contact/first and last name Phone

List any pertinent health information that may limit participation in PE.

Do you use an inhaler? Yes No

If yes, there must be a record on file in the health office.