

Freshman Physical Education Syllabus

Harper JHS: A caring community inspiring everyone to learn, achieve and thrive.

California State Physical Education Standards:

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles and strategies
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity

*For more information about the California State Physical Education Standards please visit the California Department of Education website: www.cde.ca.gov/index.asp and search Physical Education Content Standards.

Goals:

- Increase knowledge of the five health related physical fitness components.
- Increase fitness levels.
- Improve understanding of sport specific conditioning.
- Understand methods for injury prevention.
- Provide an opportunity to participate in a variety of physical activities.

Grading:

Participation: 70%

Your participation grade will be based on your preparedness for class. This includes dressing in athletic clothing (shorts, sweats, t-shirt and athletic shoes). Maximum effort in the daily warm-up and daily activity will comprise this portion of the grade. Failure to meet the daily requirements will lead to a reduction of daily points that are not allowed to be made up throughout the year.

Notebook/Written Assessments: 30%

There will be assessments throughout the semester. The assessments will range from fitness logs, to quizzes, to more involved projects such as a diet analysis and individual training plan. A major portion of the work needed to complete these assessments will take place in class. These assessments will be used to provide the teacher with your level of understanding of the concepts taught in class. And they will be used to show you the importance of a healthy lifestyle.

Timeline/Pacing:

The units throughout the year include: Fitness testing, weight lifting, CrossFit, yoga, design-a-game, badminton, golf, ultimate frisbee, dance, rugby, and softball.

Students Expectations:

1. Participate in ALL activities/games/drills to the best of your ability.
2. Treat school personnel, teachers, other students, and school equipment with respect. Follow all rules of the locker room, gym, and blacktop.
3. Enter and exit the locker rooms in a respectful manner.
4. Report to the gym to your roll call spot, dress out in proper HJHS PE attire and tennis shoes, sit down, and wait for your teacher to arrive.
5. Injuries during class time must be reported to the teacher immediately.
6. Lock up ALL belongings in BIG locker. Teachers are NOT responsible for lost or stolen items.

7. Do NOT share lockers, locks, or your combination with anyone.
8. Stay in roll order or you will be marked TARDY or ABSENT. If students are absent, they do not receive daily points.
9. PE clothes are to be clearly marked with first and last name. Students are to wear ONLY their PE clothes and NO ONE ELSE'S!
10. Students must change out of school attire COMPLETELY. Do not leave jeans or a t-shirt on underneath PE clothes. Students will be asked to change, receive a dress cut, and lose daily points.
11. PE clothes must be worn under sweats during cold weather.

Class Policies:

1. Injuries during class time must be reported to the teacher immediately.
2. If it is necessary for a student to be excused participation, please bring a note outlining the specific limitation and the dates the note is for. If the note is for more than three days, a medical excuse from the doctor is required. Thank you for your cooperation in this matter.
3. Students that do not dress completely will lose ½ of the day's points. An in-class assignment or participation in the daily activity is required. Three non-dresses in one quarter will result in lunch detention and parent contact, the fifth will be class suspension.

Make Up Policy:

If you miss class due to an excused absence (illness, trip, etc) you can make up the points missed. You have until the end of the quarter to make up points by completing one or both of the following assignments:

Physical Make Up: Join one of the PE teachers Wednesdays during lunch (in your full PE attire – shoes included) for a fitness related assignment. They can vary from a core workout to running.

Written Assignment: These are under a page assignment that could be completed at home or with a computer. Assignments range from ½ page essay to completing an assignment related to the Biggest Loser show.

Parent/Guardian:

Please review this form with your son/daughter so that you both understand the PE program at Harper. Please sign below and return this form to your son/daughters teacher. Thank you for your cooperation. We are looking forward to having a great year in PE. If you have any questions or concerns, feel free to contact your child's teacher.

Student's name

Parent/Guardian

Contact Information:

If you need to contact any of the members of the Physical Education Department please email us at your earliest convenience.

Brett Kelley – bkelly@djud.net

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