

# H.M Jackson High School Course Syllabus 2018 - 2019

|  |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|--|--|--|--|-------------------------------|-----------------------|-----------------|----------------|----------------|---------------|----------------|----------------|---------------|----------------|----------------|---------------|-------------------|
| Course:<br>CARDIO CORE<br>TRAINING   | Teacher: <b>Carol Barnes</b><br>e-mail: <a href="mailto:cbarnes2@everettsd.org">cbarnes2@everettsd.org</a><br>Telephone: (425) 385-7039  | Planning Period:<br>Fall = 2nd<br>Spring = 2th<br>Lunch: 2nd |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| Course Description:  |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| This course is one of the ways in which students can fulfill a .5 credit of their P.E. requirement and the course may be taken multiple times. The course provides a variety of activities including bench aerobics, both low- impact and high intensity training workouts, kickboxing, resistance exercises and Pilates. Also included will be body composition analysis, nutrition planning, and habits needed to maintain wellness in the future. Students are expected to be highly active.  |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| Essential Student Learning Outcomes:   |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| The students acquire the knowledge and skill necessary to maintain an active life: movement, physical fitness, and nutrition. <ul style="list-style-type: none"><li>• Students will develop fundamentals and complex movement skills as developmentally appropriate.</li><li>• Students will safely participate in a variety of developmentally appropriate physical activities.</li><li>• Students will understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.</li><li>• Students will understand the relationship of nutrition and food nutrients to physical performance and body composition.</li></ul>  |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| Course Overview:   | Grading Scale:   |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| <p>*All physical education classes at Jackson are designed to improve the overall fitness levels of students, enhance individual skills, and further their knowledge of the concepts used to successfully participate in lifetime sports and games. The 5 basic components of fitness are stressed throughout the course.</p> <p>*Basic aerobics activities are learned moving into advanced workouts seen in most health clubs. Other cardio activities include spinning &amp; HIITs. To enhance cardio we add TaeBo, Pilates, yoga, medicine ball, stability ball work &amp; Wii and Zumba dance/games. Students will be issued a heart rate monitor for the middle 12wk portion of the course. The fee for a lost pod or monitor strap is \$25.</p> <p>*Students will keep Personal Portfolios and learn to evaluate their level of fitness, plan their workouts, and support their goals nutritionally and emotionally. These Portfolios and a written reflection concerning the information are part of their 100pt Final Reflection and Fitness Plan. You will also be assessed on their ability to demonstrate proper skill, safety, endurance, and the ability to “follow” in group fitness classes. There will also be occasional Behavior &amp; Effort checks (rubric attached) graded on a 4 pt. scale &amp; converted to a letter grade.</p> <p>*Fitness levels and BMI will be assessed at the beginning, middle and end of the semester. Every day is an opportunity to improve in the 5 components of fitness. Improvement is considered in calculating final grades with the exception of BMI.</p> | <table><tr><td>Daily Participation/Behavior/Effort : 60 %</td></tr><tr><td>Diagnostic Assessments : 20 %</td></tr><tr><td>Summative Work : 20 %</td></tr><tr><td>A = 93 % - 100%</td></tr><tr><td>A- = 90% - 92%</td></tr><tr><td>B+ = 87% - 89%</td></tr><tr><td>B = 83% - 86%</td></tr><tr><td>B- = 80% - 82%</td></tr><tr><td>C+ = 77% - 79%</td></tr><tr><td>C = 73% - 76%</td></tr><tr><td>C- = 70% - 72%</td></tr><tr><td>D+ = 67% - 69%</td></tr><tr><td>D = 60% - 66%</td></tr><tr><td>F = 59% and below</td></tr></table> |  | Daily Participation/Behavior/Effort : 60 % | Diagnostic Assessments : 20 % | Summative Work : 20 % | A = 93 % - 100% | A- = 90% - 92% | B+ = 87% - 89% | B = 83% - 86% | B- = 80% - 82% | C+ = 77% - 79% | C = 73% - 76% | C- = 70% - 72% | D+ = 67% - 69% | D = 60% - 66% | F = 59% and below |
|  | Daily Participation/Behavior/Effort : 60 %   |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | Diagnostic Assessments : 20 %  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | Summative Work : 20 %  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | A = 93 % - 100%  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | A- = 90% - 92%   |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | B+ = 87% - 89%   |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | B = 83% - 86%  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
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|  | C- = 70% - 72%   |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
|  | D+ = 67% - 69%   |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| D = 60% - 66%  |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| F = 59% and below  |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| <b>Examples of Loss of points:</b><br>Non Participation = -10-20 pts<br>Non suit = -20 (double Fitness Testing days)<br>Tardy = -3 to 5 pts <i>*depending on time &amp; participation</i><br>Safety/Procedures (gum, jewelry, electronics, etc.) =-5-10 pts.<br>Sportsmanship = up to -20 pts<br>Lack of Effort = up to -20 pts<br>Lack of Cooperation = up to -20 pts<br>Late Work= -5 to 50% credit, check deadlines!<br>Bringing Phone= -10pts, more than once -20pts   |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |
| <b>Additional Items to Bring for Class:</b> Deodorant, small towel, sealable water bottle, hair tie, flexible & supportive cross training shoes.   |  |  |  |                               |                       |                 |                |                |               |                |                |               |                |                |               |                   |

## Jackson High School Physical Education Policies and Procedures

**Grading:** Physical Education is a “physical lab” course; consequently, grading is primarily based on daily *physical* participation. Students earn 10 points on most Activity Days for dressing in their PE uniform, being on time, and participating with cooperating to the best of his/her ability. Fitness Days and Testing Days are worth 20 points. Participation points may be deducted for lack of effort, cooperation and/or sportsmanship. Behavior and effort concerns on a regular basis may result in one full grade drop at the end of the semester. Late work for written assignments will not earn full credit so please be aware of deadlines.

**Medical Excuses:** Daily participation points are not automatically awarded with medical excuses; they must be earned through in regular in class or alternate activity. Points lost for properly excused medical conditions can be made up to gain participation points back (see next paragraph). *Excuses for longer than three days must be from a physician with a release date of when you may return to partial or full participation.* If an inhaler is needed on a regular basis, you must inform the nurse and your teacher. See the comment section of the Parent Signature form.

If an injury or illness prevents you from participating to the best of your ability, you must have a note to be excused and not be considered a “Non-Suit”. The note must include the date, specific reason for excuse, a parent/guardian’s signature and a phone number. Any alternate physical activity they CAN do (walking, biking, weight lifting w/ uninjured body part, etc.) should be included as well for an opportunity to still receive participation points. Even though you may be excused from partial or all activity, it is your responsibility to dress down, stretch if possible, or assist the teacher with non-active duties, again, allowing potential for partial or all points to be earned.

**PE Make-ups:** Points lost from **properly excused** absences (within 48 hrs) and/or medical excuses can be made up. Times and dates will be arranged by the PE Department and announced when the dates become available. Please note that limited opportunities are available so take advantage of them. Absences for school related activities are completely excused and do not need to be made up. Make-ups may only be done at Jackson High with a teacher supervising. One PE make-up is worth up to 10 points. After school athletics or exercise programs do not count as PE make-ups! *Students may not make up points lost for unexcused absences or tardiness, non-suits, or behavior without a parent conference and/or student contract.*

### **DAILY PROCEDURES...**

**Dress/Non-suits:** You are required to have a **separate change of clothes** for Physical Education other than what you wear to school. Appropriate attire for physical education includes a single layered, short sleeve **T-shirt** (tank tops are okay w/ 2” top seam), shorts > 3” inseam, yoga or sweat pants, socks, and non-marking athletic shoes. Clothing must be free of zippers, snaps, buttons and other metal pieces that may be attached. Jewelry is considered a safety hazard and may not be worn. Hats are also not permitted during class when indoors.

*Being prepared for class with the appropriate clothing is the most important step toward success in Physical Education. The consequence for not suiting up is minus double points for the day. However, also be aware that consequences are progressive in nature and may result in a referral after the 3<sup>rd</sup> time. Show responsibility ☺*

**Dressing Time for PE:** Students are given five extra minutes to change into appropriate attire for class. They are to be ready to go and waiting in the designated area by five minutes after the bell. Students are not allowed to enter the gym until their teacher invites them in. They are dismissed to the locker rooms 5 minutes before the bell to change back into street clothes. Students must wait **INSIDE** the locker room prior to the bell. Leaving the locker room without a pass before the bell will be truancy.

**Food:** Food, drink, and gum are not permitted in the gym, weight room, locker rooms or when we are playing outside. Water bottles may be used in specific courses and are listed as recommended in their syllabus.

**Electronics/Phones** It clearly states in the Student handbook that phones are not to be brought to class for any reason. Electronics **MUST** be left in the locker room. The policy and consequences in the Student Handbook will be adhered to; also, if you are seen with a cell phone in class you will lose 10 points for the day & the teacher will secure your device in the store room for the period. Exceptions to this policy on Fitness Days are at the teacher’s discretion.

**Lockers:** Each student will be assigned a locker for use during the course. You are required to keep all of your personal belongings and District issued computers locked up during class. Students may check out a lock if they cannot provide their own. We discourage you from bringing other valuable items to school. All borrowed locks must be returned at the end of the semester or when transferring out of the course. There is a replacement fee of \$6.00 for any lost locks. ***We are not responsible for lost or stolen items!***

# **HENRY M. JACKSON HIGH SCHOOL**

*Please sign and return by Friday, Feb 1st. All other information is on the P.E. Course Syllabus...*

<https://www.everettsd.org/Domain/942>

*Click on "Course Expectations" of the class you are taking.*

Every student & parent has access to grades on-line. You will not receive a printed progress report. Official progress reports will be mailed, usually quarterly.

**Students and Parents please both initial the following statements...**

\_\_\_\_\_ I understand that I will be responsible to check grades/attendance on the web site provided to me.  
I understand grades will be updated every week to 10 days!

\_\_\_\_\_ I understand the Medical Excuse policy AND "Suiting Up" expectations & Non-suit consequences.

\_\_\_\_\_ I understand the Electronic Devices policy for P.E.

\_\_\_\_\_ I understand that Grading will be a combination of daily participation & effort, sportsmanship, cooperation, physical skills, and written work including academic knowledge of health and fitness.

*Is there any information you can give us that will help your son/daughter to do well in this course? Please include any medical information that your son/daughters teacher needs to be aware of. Although the Syllabus is more about the "rules and regulations", be assured that my courses focus on healthy attitudes about fitness and learning to enjoy physical activity at ALL skill levels!*

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Parent/Guardian: Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent Email Address (please print neatly): \_\_\_\_\_

**"We have read and understand this invitation to learn as described in the syllabus. Our signatures show that we are setting a course towards success in this class."**

**PRINTED Student Name** \_\_\_\_\_ **PERIOD** \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_ **DATE:** \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Due Date: Please returned by Feb 1st = 25 points**

# BEHAVIOR, EFFORT & COOPERATION RUBRIC

|   | UNSATISFACTORY   | DOES NOT MEET EXPECTATION   | MEETS EXPECTATIONS   | EXCEEDS EXPECTATIONS  |
|---|--|---|--|---|
|   | <b><u>GENERAL REQUIREMENTS</u></b>   |   |  |   |
| <b>ATTENDANCE</b>                             | Does not attend class on a regular basis (9+)  | Frequently absent or tardy (more than 5 per semester)                                     | Attends regularly and on time                                    | <b>Perfect</b> attendance (except field trips)  |
| <b>APPROPRIATE DRESS/ATTIRE</b>               | Too many non-suits (5+)  | Frequently lacks appropriate attire (3-4 per semester)                                    | Appropriately dressed on a regular basis (1-2 non-suits max)     | Always dressed appropriately for all activities, Zero non-suits.                      |
| <b>FOOD, GUM, DRINK, JEWELRY, ELECTRONICS</b> | Does not follow class procedures   | Needs to be reminded often of class procedures  | Follows class procedures, rarely reminded of class policy        | Shows leadership & helps others with class procedures                                 |
|   | <b><u>BEHAVIOR &amp; COOPERATION</u></b>   |   |  |   |
| <b>ATTITUDE &amp; COOPERATION</b>             | Disruptive, dangerous, often negative, uncooperative, very immature                          | Occasionally negative or uncooperative, needs reminders to follow procedures              | Strives to improve, cooperative, mature and positive attitude    | Enthusiastically puts extra time & effort, teacher helper & positive role model.      |
| <b>GOOD CITIZENSHIP &amp; SPORTSMANSHIP</b>   | Cheats, breaks/ignores rules often, makes fun of others, cares mostly about self over others | Often argumentative, discourteous to teammates & opponents, ignores some rules            | Is fair & courteous to classmates with a teamwork mentality      | Always treats others with extreme courtesy & respect, helpful "coach" to others       |
| <b>USE &amp; CARE OF EQUIPMENT</b>            | Often careless or misuses equipment or facilities  | Needs to be reminded of proper use & care of equipment & facilities                       | Demonstrates proper use & care of equipment and facilities       | Leads by example, guides other, pays extra attention to care of equipment             |
| <b>LANGUAGE</b>                               | Inappropriate, insulting, distracting, uses profanity often                                  | Sometimes inappropriate, lacks tact, disrespectful comments or language                   | Always appropriate, Shows respect for others                     | Encouraging, Speaks politely and with respect, leads by example                       |
|   | <b><u>PARTICIPATION, EFFORT &amp; SKILLS</u></b>   |   |  |   |
| <b>PARTICIPATION &amp; EFFORT</b>             | Seldom on task, seldom puts forth effort, Multiple missing assignments                       | Needs regular reminders to stay on task, could try harder, assignments often missing/late | Stays on task, does what is asked, assignments always in on time | Shows enthusiasm, class leader, pushes self to highest ability, work completed early  |
| <b>SKILLS, TECHNIQUES, &amp; STRATEGIES</b>   | Exhibits little use & knowledge of basic skills  | Inconsistent use of basic skills, techniques, and strategies                              | Constantly uses basic skills, techniques, and strategies         | Shows enthusiasm, class leader, advanced skill levels, pushes self to highest ability |
| <b>FITNESS TESTING</b>                        | Often gives up or does not try, lack of reasonable effort, does not come close to goal(s)    | Does not try their best or work/exert self to failure, does not meet goals                | Meets or exceeds goal but does not exert self to failure         | Exceeds goal and always exerts self to failure  |