

## H.M Jackson High School Course Syllabus

<b>Course:</b> Advanced Physical Education	<b>Teacher:</b> Dan Montzingo e-mail: <a href="mailto:dmontzingo@everettsd.org">dmontzingo@everettsd.org</a> Telephone: (425) 385-7034	<b>Planning</b> Period: 3 <sup>rd</sup> Room: P.E office
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### Course Description:

This course is for the dedicated student looking to gain advanced skills and strategies in a variety of both team and individual sports. Team competition will be an integral part of the class, and students will be expected to be highly active. Grading standards are increased for the class. Fitness in class comes from full participation in the team sports. All students will be required to be ready for all weather situations as we will go outside throughout the year. Students will take a final on the sports played in class, sportsmanship, and lifetime activity.

### Essential Student Learning Outcomes:

- The students acquire the knowledge and skill necessary to maintain an active life: movement, physical fitness, and nutrition.
- Students will develop fundamentals and complex movement skills as developmentally appropriate.
  - Students will safely participate in a variety of developmentally appropriate physical activities.
  - Students will understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.
  - Students will understand the relationship of nutrition and food nutrients to physical performance and body composition.
  - Students will develop a consistency of daily activity in the class by suiting up and participating.
  - Students will develop a sense of sportsmanship, safety and cooperation needed for all activities in class.
  - Students may have an opportunity to learn from the referee association for multiple sports if available.

### Course Outline:

The following sports will be attempted throughout the semester; Basketball, Volleyball, Floor Hockey, Tennis, Pickleball, Softball, LaCrosse, Frisbee Football, Soccer, Team Handball, Tag games, Badminton, Track and Field events.

The Focus will be on Team competition. Depending on the enrollment, Students will be on teams of six and will compete in each sport with points given to the winning team. Points are added for 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> and etc... for each event. The competition is similar to the Olympic Games. Adjustments will be made due to gym space.

All students are expected to participate fully and be able to play all sport in the class. Additional Grading information will be on the website.

Safety is main component of the class. All students need to follow the proper safety procedures for each sport being played in class. This is the main concern that occurs in class. **Safety is the # 1 concern and behavior.**

**Behavioral expectation sheet will be given to each student to sign regarding grades, behavior, attitude, and overall expectations.**

Final exam will include a test on all sports that are performed in class during the semester. Also, Video options for final test.

<http://www.sportsknowhow.com/index.html>

[www.focusedfitness.org](http://www.focusedfitness.org)

\*\*\*\*\* You will only be allowed to make up excused absences.

### Grading Scale:

Formative : 60%  
 Diagnostic/Summative : 40 %

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 = 60% and below

#### **Loss of points:**

**Non Participation = loss of daily points,  
 Non suit, Tardy/TU,  
 Safety issues (gum, jewelry, etc.).  
 Sportsmanship, cooperation, Lack of  
 Effort & Not following directions, cell  
 phones = loss of daily points  
 Late work will not earn full  
 credit.**

**Additional Information:** Please go over each section to have a full understanding of the class.

Please read the back of the Course syllabus for P.E. Policies and Procedures:

## **Jackson High School Physical Education Policies and Procedures**

All physical education classes at Jackson are designed to improve the overall conditioning of students, to enhance individual skills, and to further their knowledge of the concepts used to successfully participate in lifetime sports and games.

**Grading:** Physical Education is a participatory activity; consequently, grading is based on daily participation. *Students earn points daily for being appropriately attired, on time to class, participating, and cooperating to the best of his/her ability.* Total points are converted into a percentage using the scale below. The following guidelines are used for grading purposes. Behavior, cooperation, or effort concerns on a regular basis may result in one full grade drop at the end of the semester.

**Physical Education Make-ups:** Any **excused absence** or medical excuses may be made up. Times and dates should be arranged with your instructor. **One Physical Education make-up will earn a student one day's points.** **Please note:** students may not make up points lost for non-suits, behavior issue or unexcused absences. Absences for school related activities (i.e. field trips, Athletic competitions, etc.) Are completely excused and do not need to be made up. **Make-ups may only be done in the gym or weight room with a teacher supervising. Make-ups will be throughout the semester each week.**

**Injuries/illness:** If for some reason you cannot participate in Physical Education. Due to an injury or illness, you must have a note to be excused from participation. The note must include the date, reason for excuse (including length of time), a parent/guardian's or doctor's signature, and a phone number. Excuses for longer than three days should be from a physician with a release date of when you may return to full participation. Even though you are excused from activity, it is your responsibility to dress out and stretch, if possible, and to assist the teacher with non-active duties (referee, keep score, distribute and collect equipment, etc.) so you can earn partial points for the day. If an inhaler is needed on a regular basis, please inform your teacher.

**Dress/Non Suit:** You are required to have a separate change of clothes for Physical Education other than what is worn to school. Appropriate attire for physical education includes White/Grey T-shirt (tank tops not allowed), shorts, sweat pants, athletic socks, and non-marking secured shoes.

The first two non-suits will result in loss of points for the day. A third non-suit and every non-suit thereafter will be dealt with progressive discipline. Starting with the fourth non-suit and all consecutive non-suits thereafter will result in loss of points plus a 3% drop per non-suit taken from their final semester grade. Jewelry is a safety hazard and may not be worn. Hats are not allowed to be worn in the gym.

**Food:** Food, drink, and gum are not permitted in the gym, weight room or locker rooms.

**Lockers:** Each student will receive a lock and be assigned a locker for use during the course. You are required to keep all of your belongings locked up during class. We are not responsible for lost or stolen articles. All locks must be returned at the end of the semester or when checking out. There is a replacement fee of \$6.00 for any lost lock or locks not being turned in. The locker room will be locked during class time.

Administrator's Note: We discourage you from bringing valuable items to school. Valuables should not be stored in the P.E. lockers. You may store them in your personal hall lockers. This will prevent theft.

### **Daily Procedures:**

**Dress In/Start of Class:** Students are not to enter the gym until their teacher instructs them to enter. Students are to be in their assigned roll spot five minutes after the tardy bell rings.

**Dress Out/End of Class:** All equipment will be picked up seven minutes prior to the bell. After all equipment has been put in the proper place, all students will report to their assigned roll spots for dismissal by the teacher.

**Leaving the locker room area:** All students must stay in the hallway and wait for the bell. That means stay in lower a building and do not leave until the bell. If students leave early they are truant. Saturday school or lunch duty will be assigned.

# **HENRY M. JACKSON HIGH SCHOOL**

All other information is on the P.E. policies and procedure sheet. Parents: Every student has access to grades on-line. By checking the appropriate boxes below, you are letting me know that you have access to your son/daughters grades and understand you **will not** receive a printed progress report unless requested. Official progress reports will be mailed. **Please remember No Cell phones and other electronic devices are permitted in class. Keep all electronic devices in your locker or out of site. Referrals will be given for any phone, ipod or other electronic device visible to the teacher.**

**Please check the appropriate box.**

I understand that I will be responsible to check my son/daughters grades on the web site provided to me. I do not need printed progress reports. I understand **grades will be updated every 2 to 4 weeks.** I also understand I will still receive official report cards.

I do not have access to the internet. I would like to receive printed progress reports. I understand **grades will be updated every 2 to 4 weeks.**

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. Please spend a few minutes to review the P.E. policy sheet. This will insure that your son/daughter understands the expectations.

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

Phone: \_\_\_\_\_ Ext. \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

**We have read and understand this invitation to learn as described in the syllabus. Our signatures show that we are setting a course for success in this class. We also understand the Cell phones/I-pods/electronic device policy within the class policies and procedures. Students should not have them in PE. They are a theft issue.**

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Printed Student Name: \_\_\_\_\_ Period: \_\_\_\_\_