

H.M Jackson High School Course Syllabus

Course: 9 th Physical Education	Teacher: Dan Montzingo e-mail: dmontzingo@everettsd.org Telephone: (425) 385-7034	Planning Period: 3 rd
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Course Description:

This is a required course designed to strengthen lifetime sports and fitness skills. Activities include individual and team sports, both indoor and outdoor. Instruction includes rules, skills, and strategies with emphasis on teamwork and sportsmanship. Students are expected to be highly active. You must meet standard in this course as it is the prerequisite to all other physical education courses.

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 of all activities in class.

Course Outline:

All physical education classes at Jackson are designed to improve the overall fitness levels of students, to enhance individual skills, and to further their knowledge of the concepts used to successfully participate lifetime sports and games. The following units will be taught but not limited to: Tennis, Softball, Soccer, Volleyball, Basketball, Pickleball, Badminton, Football, Team Handball and Floor Hockey. The five basic components of fitness are stressed throughout each course.

Weekly Fitness Days will include both strength and cardiovascular activities (Formative).

Assignments will be related to our unit fitness topics. A written test of bones and muscles also will be given along with a Classroom Based Assessment test at the end of the semester. A final reflective paper will be due at the end of the semester. (Summative)

Fitness levels will be assessed at the beginning and end of the semester. Activities throughout the course will include opportunity to improve in the following fitness components; flexibility, cardiorespiratory endurance, muscular endurance, and muscular strength. Fitness levels and improvements in these areas are considered in calculating final grades (Diagnostic).

Grading Scale:

Formative: 60 %
 Diagnostic: 20%
 Summative: 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

Loss of points:

Non-Participation & Non-Suits = loss of daily points
 Tardy & Safety issues (gum, jewelry, etc. = progressive points lost for each incident.
 Sportsmanship, cooperation, lack of effort & not following directions, cell phones = loss of points

Late work will not earn full credit.

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 course; consequently, grading is based on daily *physical* participation. Students earn 5 points on most Activity Days for being appropriately attired, on time to class, participating, and cooperating to the best of his/her ability. Fitness Testing Days are worth twenty points. Participation points may be deducted for lack of effort, cooperation or sportsmanship. Behavior, cooperation, or effort concerns on a regular basis may result in one full grade drop at the end of the semester. Attendance is a critical part of your grade.

Physical Education Make-ups: Any **excused absence** or medical excuses may be made up. Times and dates will be arranged by the PE Department and announced when the dates become available. **One Physical Education make-up will earn as student up to 5 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 with a teacher supervising. Make-up will be throughout the semester each week.

Injuries/illness: If for some reason you cannot participate in Physical Education (injury or illness) you must have a note to be excused from participation. The note must include the date, specific 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. Any alternate physical activity they CAN do (walking, biking, weight lifting w/uninjured body part, etc.) should be included for an opportunity to still receive points. 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 Black/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. Jewelry is a safety hazard and may not be worn. Hats are not allowed to be worn in the gym.

Cell phones/I-pods, etc.: No electronics are allowed except on an occasional fitness day and the kids will be told ahead of time. **If students choose to bring their electronics into class Jackson High School is not responsible for any lost or stolen items. Students will lose all their points and can not make up the points. Exceptions to this policy are on fitness days and are at the teacher's discretion.**

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

Lockers: Each student will be assigned a locker and can check out a lock for use during the course. Students are encouraged to bring their own combination lock from home.

You are required to keep all of your belongings locked up during class. We discourage you from bringing valuable items to school. Valuables may not be stored in your PE locker, but in your personal hall locker. 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.

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

Please sign and return by Monday September 9th . 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 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 and Policies/Procedures**. Our signatures show that we are setting a course for success in this class.

Parent / Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____

Print Name: _____ Period: _____

Due Date: Syllabus returned by Monday September 9th = 25 points.