

H.M Jackson High School Course Syllabus

Course: 9 th Physical Education	Teacher: Rachel Davis E-mail: rdavis2@everettsd.org Telephone: (425) 385-7039	Planning Period: 3rd Lunch: 1st
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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:	Grading Scale:
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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).

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

Grading: Physical Education is a participatory course; consequently, grading is based primarily on daily *physical* participation. Students earn 10 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 20 points. Participation points may be deducted for lack of effort, cooperation or sportsmanship/etiquette. Behavior and/or effort concerns on a regular basis may result in one full grade drop at the end of the semester. Please note(!), truancy results in double loss of points for the day so have your absences appropriately excused.

***Medical Excuses*:** If an injury or illness prevents you from participating to the best of your ability, you must have a note to be excused (partially or physically) & not receive 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 points to be earned.

Daily points are not automatically awarded with medical excuses; they must be earned through participation or an alternate activity. Points lost for properly excused medical conditions may 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 full participation. If an inhaler is needed on a regular basis, you must inform the nurse and your teacher.*

PE Make-ups: 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!

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 class includes a single layer, athletic short sleeve *T-shirt* (white/black/green/grey), shorts (> 3” inseam) or yoga pants, socks, and non-marking athletic shoes. Clothing must be free of zippers, snaps, buttons and other metal or plastic. Hats and jewelry are also not permitted during class.

Being prepared for class with the appropriate clothing is the most important step toward success in Physical Education.

Dressing Time for PE: Students are given five extra minutes to change into appropriate attire for class. They are to be ready to go by five minutes after the bell. Students are not allowed to enter their classroom until their teacher invites them in. At the end of class a few minutes are set aside for putting away equipment. They are dismissed to the locker rooms 5 minutes before the bell to leave. Students may NOT leave the locker room prior to the bell. Leaving the locker room before the bell will result in 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 these 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 any electronic device** you will lose 10 points for the day & if students choose to bring their electronics into class Jackson High School is not responsible for any lost or stolen items. 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, January 31st. All other information is on the P.E. Course Syllabus...

<https://www.everettsd.org/jhs-rdavis>

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

Every student 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!

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 January 31st= 25 points