

H.M Jackson High School Course Syllabus 2017-2018

Course: ADVANCED TEAM SPORTS	Teacher: Mrs. Carol Barnes cbarnes2@everettsd.org Telephone: (425) 385-7039	Planning Period: Fall = 4th Spring = 2nd <i>Second Lunch</i>												
Course Description: A continuation of Lifetime Sports - this course is for the dedicated student looking to focus on advanced skills, strategies and rules of a variety of both team and individual activities. 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 course.														
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">• 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 sense of sportsmanship, safety and cooperation needed for 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 in lifetime sports and games. The 5 basic components of fitness are stressed throughout. The following Team and Individual sports will be taught weather and space permitting; Basketball, Volleyball, Floor Hockey, Tennis, Pickleball, Softball, LaCrosse, Frisbee Football, Soccer, Team Handball, Badminton. All students are expected to participate fully and be able to play all sport in the class. Focused Fitness goal setting will happen on several occasions. Tests on rules and/or safety & strategies will be given in most of the units. Final placements in tournaments are also considered. There will be 3-4 Behavior & Effort checks (*rubric attached) graded on a 4 pt. scale & converted to a letter grade. (1 st few Summative, last Diagnostic) These are worth approximately 10% of your grade. <u>Safety and behavior is of the utmost concern for this advanced course. Behavioral expectation sheet (*) will be given to each student to sign regarding grades, behavior, attitude, and overall expectations.</u> Fitness levels and BMI will be assessed at the beginning, middle and end of the semester. Activities throughout the course will include opportunity to improve in the 5 components of fitness. Improvement is considered in calculating final grades with the exception of BMI. Final exam will included a test on all sports tested throughout the semester as well as final Fitness Testing. Also, Video options for final test. http://www.sportsknowhow.com/index.html	Grading Scale: Formative/Summative : 70 % Diagnostic : 20 % FINAL : 10 % <table><tr><td> </td></tr><tr><td>A = 94 % - 100%</td></tr><tr><td>A- = 90% - 93%</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 = 60% and below</td></tr></table> Examples of Loss of points: Non Participation = -10-20 pts Non suit = -10 x # of non-suits Tardy = -3 to 10 pts <i>*depending on time</i> Safety/Procedures (gum, jewelry, electronics, etc.) = -5-10 pts. Sportsmanship = up to -20 pts Lack of Effort = up to -20 pts Lack of Cooperation = up to -20 pts			A = 94 % - 100%	A- = 90% - 93%	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
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*****Attendance is a critical part of your grade. If you are ten minutes late to class you are marked absent.														

Jackson High School Physical Education Policies and Procedures

Grading: Physical Education is a participatory course; consequently, grading is primarily based 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. Behavior and/or effort concerns on a regular basis may result in one full grade drop at the end of the semester.

***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 and 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 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 full participation.* If an inhaler is needed on a regular basis, you must inform the nurse and your teacher.

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 is worn to school. Appropriate attire for physical education includes a single layer **WHITE T-shirt** (no tank tops, girls may wear a “cami” underneath), shorts > 3” inseam, yoga or sweat pants, socks, and non-marking athletic shoes securely fastened. 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.

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 progressive each time, -10points times the # of non-suits you have.
EX: your 3rd non-suit results in minus (-) 30pts.

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 assigned stair-well at the gym doors by five minutes after the bell. Students are not allowed to enter the gym 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 must wait **INSIDE** the locker room prior to the bell. Leaving the locker room without a pass before the bell will result in a referral for 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 & 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 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 discourage you from bringing valuable items to school. Valuables may not be stored in PE lockers 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.

HENRY M. JACKSON HIGH SCHOOL

Please sign and return by Monday, Sept 11th. All other information is on the P.E. Policies and Procedure sheet.

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

_____ I understand that I will be responsible to check grades on the web site provided to me. I understand **grades will be updated every 1 to 2 weeks.**

_____ 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: _____ Ext. _____

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 for success in this class.”

PRINTED Student Name _____ **Period** _____

Parent / Guardian Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____

Due Date: Syllabus returned by Sept 11th = 25 points (if returned more than 5 days after receiving you will only earn 15 points and may not be allowed to participate)