

## H.M Jackson High School Course Syllabus 2019-2020

<b>Course:</b> LIFETIME SPORTS	<b>Teacher: Mrs. Carol Barnes</b> <a href="mailto:cbarnes2@everettsd.org">cbarnes2@everettsd.org</a>  Telephone: (425) 385-7039	<b>Planning Period:</b> 2nd <b>Lunch:</b> 1st
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**Course Description:**  
 This is one of the ways in which students can fulfill .5 credit of their PE requirement & may be taken multiple times. The course combines a variety of indoor and outdoor sports and activities within a competitive atmosphere. Students are expected to be highly active. Emphasis will be on building skills, strategies, and sportsmanship while increasing fitness levels.

- 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 kinesthetic skills and academic knowledge or games as developmentally appropriate.
  - Students will safely participate in a variety of developmentally appropriate sports & 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.

<b>Course Overview:</b>	<b>Grading Scale:</b>
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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 in lifetime sports and games. The 5 basic components of fitness are stressed throughout.

\* The following Team & Individual sports will be offered weather/time permitting; Tennis, Bocce Ball, Bowling, "Health Club Fitness", Golf, Softball, Soccer, Ultimate Frisbee, Volleyball, Basketball, Pickleball, Badminton, Spikeball, Corn Hole, Team Handball, & Croquet.

\*Periodic Fitness Days (1-2) focusing on one or more of the 5 components of fitness will be worth 20 points. Point loss for effort and behavior are double on these days.

\*Written work such as Focused Fitness goal setting will happen on occasions. Late work will not receive full credit. Tests on rules, safety and strategies are given in most units. Final placement in tournaments are also considered.

\*There will be several Behavior & Effort checks (rubric attached) graded on a 4 pt. scale & converted to a letter grade.

\*Fitness levels and BMI are assessed at the beginning, middle and end of the semester. Activities throughout the course will include many opportunities to improve in the 5 components of fitness. Improvement and achieving your personal best is considered in calculating final grades.

\*A Reflective Paragraph will be assigned & due Finals Week regarding understanding of your personal achievements as well as a 100pt cumulative multiple choice Final.

**\*\*\*Attendance is a critical part of your grade. If you are late you will receive points only for the minutes you participate up to 70% of the regular daily points.**

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 = 59.9% and below

- Examples of Loss of points:**
- Non Participation = -10-20 pts
  - Non suit = -20 (double Fitness Days), -1/2 for partial suiting
  - Tardy = -3 to 5 pts *\*depending on time & participation*
  - 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
  - Late Work= -10 to 50% credit, check deadlines!
  - Bringing Phone= -10pts, more than once -20pts

## 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 PR 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 is worn to school. Appropriate attire for physical education includes a single layer, **PLAIN white or grey T-shirt** (JACKSON spirit wear shirt is okay), shorts > 3” inseam, yoga or sweat pants, socks, and non-marking lace-up 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 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 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 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 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 should 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 \$8.00 for any lost lock or locks.

# **HENRY M. JACKSON HIGH SCHOOL**

*Please sign and return by Friday, Sept 9th. 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 has access to grades on-line. You **will not** receive a printed progress report unless requested. 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 course."**

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

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

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

**Due Date: Please returned by Sept 9th = 25 points**

**This needs to be returned before you are allowed to participate in the 1<sup>st</sup> unit!**