

Vista del Lago High School

PHYSICAL EDUCATION COURSE EXPECTATIONS

INSTRUCTORS

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Powerschool and teacher websites will be updated on a regular basis. Each teacher's website will have a code to Google Classroom for your student to access and turn in assignments.

COURSES

Fitness 1
Fitness 2
Weight Training
CrossFit
Dance

GOALS AND OBJECTIVES

The physical education program in grades 9-12 equips students to make a successful transition from the physical educational instructional program to participation in physical activity during adulthood. Our goals and objectives are based on the Physical Education Model Content Standards for California Public Schools. The three main categories are listed below. For a more detailed look at the sub-standards you can visit the FCUSD web site under class curriculum.

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

EVALUATION AND GRADING

Evaluation and grading will be based on a student's proficiency with regard to the Physical Education Model Content Standards for California Public Schools. Standards can be found at www.cde.ca.gov.

Grading/Assessment-Two types of assessment:

Grading will be weighted based on two categories: Formative 30% and Summative 70%.

Formative assessments refer to items that are done on a daily/weekly basis. They include but are not limited to: Activity/Conditioning, Fitness pre-test, class notes/lectures, handouts and worksheets. Formative assessment supports learning and progression towards mastery of standards. Weekly runs of 10 points will be assessed to show progression toward our larger summative runs done at the end of the term.

Summative assessments are used to assess a student's performance on standards based assessments. Summative assessments include demonstration of skills, rules and concepts in game situations as well as skills tests, written quizzes/tests, projects, midterm, and final. 25 points will be used on a weekly basis for each student's summative grade. Students can receive up to 5 points each day by showing mastery of the daily standards.

ATTENDANCE

This class requires daily participation. An absence or medical excuse will not allow you to show mastery of the standards.

LATES

Students must be at their roll call number on time. Failure to be on time will result in a loss of daily points, detention, and/or classroom suspension.

All Vista del Lago High School Late Policy rules will be strictly enforced, please refer to the student handbook.

MEDICAL POLICIES

SHORT TERM: (1-3 Days)

It is the understanding of the Physical Education Department that if a student is well enough to attend school, then he/she is well enough to participate in Physical Education. However, it is also recognized that there are legitimate reasons for being excused from physical activity.

- In order to be excused from class activities the student must bring a SIGNED AND DATED note which includes why the student is being excused from the parent. Our goal is to modify activity when possible to keep our students participating.
- All notes must be presented ON the day of inactivity. Note must be turned into the P.E. teacher.
- Students excused from activity will dress in P.E. clothes and participate as appropriate.
- If activities cannot be performed during the class, the student will need to turn in a make-up assignment within one week of the absence. The assignment can be found on their instructor's website and a maximum of three assignments may be completed in any 9 week term.

RUNNING ASSIGNMENTS:

Running assignments allow our department to meet the California State Standards for physical education. If an injury occurs and a student is not able to participate in the run, travel days for Advisory may be used to make up the run. If a run is not made up within 1 week of the absence, a zero will be given for that run.

ATHLETICS:

Parent and/or Doctor's notes excusing your student from physical education will also result in not being able to participate in a Vista Del Lago athletic activity on the same day.

LONG TERM MEDICAL: (3 Days to 3 Weeks)

This is for students who have a long term medical excuse.

- If the student needs to be excused for more than 3 school days, a **signed PHYSICAL EDUCATION ACTIVITIES RECOMMENDATION FORM is required**. This form must be filled out by a doctor and can be turned in with a doctor's note.
- The student will refer to their instructor's website and turn in a make-up assignment for every day/week they miss. If a student has used their 3 written assignments, physical activity is required for further make-up. Please see your instructor to sign up before or after school for a make-up activity.
- **If a student has a long term medical note it does not excuse them from class participation. If they are unable to participate, they will need to speak with their instructor on making up the class points.**
- **Excessive absences or non-participation days may result in a failing grade.**

MEDICAL LONGER THAN THREE WEEKS:

This is for students who become ill or injured during the school year and are unable to continue, or will miss more than 3 weeks of class activity (fractures, surgery, etc.). These students will be bringing their medical documentation to the nurse and alternative placement may be needed.

CHEATING POLICY

Please refer to the Vista del Lago student handbook.

CITIZENSHIP/WORK ETHIC

Citizenship/work ethic marks will involve behavioral standards which will be conducive to a positive educational environment from which all students may benefit. The following criteria will be used to evaluate citizenship/work ethic grades:

- O** Attitude elevates the behavioral academic level of class
 Attendance is exceptional; tardies are rare
 Participation and volunteerism is continuous and constructive
 Respect is always demonstrated for people and property

- S** Attitude is positive and constructive
 Attendance is excellent; tardies are uncommon
 Participation and volunteerism are frequent and constructive
 Respect is demonstrated for people and property

- N** Attitude is resistant or contrary
 Attendance is mediocre; tardies surpass teacher's limit
 Participation and volunteerism are rare or sometimes inappropriate
 Respect is sometimes not demonstrated for people or property

- U** Attitude is negative and non-productive
 Attendance is poor; tardies are excessive
 Participation and volunteerism are nonexistent or inappropriate
 Respect is often not demonstrated for people or property

MATERIALS NEEDED

All students will furnish their uniform, which sells for \$22.00 (shirts \$11 and shorts \$11). Students will submit cash or check to Student Accounts and receive a receipt. They will then submit the receipt in the locker room and receive their PE uniform. Students need to write their first and last names on their PE uniform. If a student is unable to purchase a Vista PE uniform, they can bring a grey shirt and blue shorts and write their first and last name on their shirt. If a student is having difficulty getting clothes to wear for PE, then they should talk with their PE teacher.

It is recommended for students to have 2 sets of PE clothes, extra socks and athletic shoes in their locker.

Sweat clothes and long underwear are the only attire to be worn with your gym clothes. Sweaters, jackets and coats are not acceptable.

Students are to wear only their own uniform. Uniforms are to be kept clean, neat and laundered weekly.

LOCKERS/LOCKS

Any student causing intentional damage to or loss of equipment or the facility will be financially responsible for reimbursement. If the issued P.E. lock is lost or stolen a \$5.00 replacement cost will be collected.

A lock and locker will be provided to each student. Purses, valuables, and personal items must be locked up during class. Theft is always a concern. **KEEP LOCKERS LOCKED AT ALL TIMES. DO NOT GIVE YOUR COMBINATION TO ANYONE!!**

DAILY PROCEDURE

- Each student is expected to be on his/her roll call position at the designated time.
- Students should have everything they need for PE when they leave the locker room. The locker room will be locked and students will not be permitted to re-enter the area without supervision.
- Leaving an assigned area before dismissal, or being out of assigned teaching area during the period, may result in disciplinary action.
- Students are expected to stay in a designated area before the passing bell. All other areas are off limits. Violations may result in disciplinary action.
- Be safe, responsible, and respectful in the locker room and bathrooms. Keep these areas clean.
- Lockers must be locked when not being used. There is a charge for lost locks.
- No glass objects or eating will be allowed in the locker rooms.

- Students must dress appropriately for physical activity to be able to perform or demonstrate the standard of the day/unit.
- Lock valuables in your locker. The school is not responsible for lost items in the locker room.
- If phones, camera phones, cameras, or any recording devices are seen or utilized in the locker rooms, they will be confiscated by the teacher and given to the school's administration.

Please complete the class overview and acknowledgement form on Google classroom. Your teachers google classroom code can be found on their website.