

# BONDUEL HIGH SCHOOL

## PHYSICAL EDUCATION

### SYLLABUS

Each course in Physical Education will concentrate on developing and maintaining each students overall fitness. These courses will include the following objectives:

- 1. Optimal skill development in each activity**
- 2. Develop and maintain physical fitness**
- 3. Increase knowledge in the value of physical fitness, the effects of exercise on the body and the rules, strategy and safety precautions of each activity.**

#### PHYSICAL EDUCATION DEPARTMENT MISSION:

Students will participate in a variety of health-enhancing physical activities to promote a healthy and active lifestyle. They will demonstrate responsible personal and social behavior by exhibiting self control, cooperative skills, appropriate sports related behavior, and regard for safety.

#### GRADES/ASSESSMENT:

The assessment rubric PULSE (listed below) will be used to grade students in physical education courses for each unit. Each unit is worth a total of 100 points with each category below worth 20 points. Grades will be posted at the end of each unit.

<b>P U L S E</b>	<b>Exemplary</b>	<b>Satisfactory</b>	<b>Needs Improvement</b>
<b>PARTICIPATION</b> (DAILY)	Comes to class everyday dressed, is on time and prepared for activity. (2)	Comes to class everyday dressed or is on time and prepared for activity. (1)	Does NOT come to class dressed and on time. (0)
<b>UNDERSTANDING</b> (UNIT)	Demonstrates advanced progression of knowledge of sport specific rules or fitness principals (19-20)	Demonstrates moderate progression of knowledge of sport specific rules or fitness principals (15-18)	Demonstrates lack of knowledge of sport specific rules or fitness principals with little to no progression (0-14)
<b>LEADERSHIP</b> (DAILY)	Demonstrates sportsmanship, respect, positive attitude and good character with instructor and peers throughout duration of class. (2)	Demonstrates sportsmanship, respect, positive attitude and good character with instructor and peers for the majority of the class. (1)	Does NOT demonstrate sportsmanship, respect, positive attitude and good character with instructor and peers throughout duration of class. (Multiple Put-Downs and/or derogatory comments) (0)
<b>SKILL</b> (UNIT)	Demonstrates advance progression of performance of techniques for sport specific movements or activities. (19-20)	Able to perform specific sport or activity with proper technique some of the time throughout the unit. (15-18)	Does not demonstrate proper technique for sport or activity with little to no progression. (0-14)
<b>EFFORT</b> (DAILY)	Always on task, constantly pushes self, and is working at a level that will improve personal physical fitness (2)	Sometimes on task, pushes self inconsistently, and is working at a level that may or may not improve personal physical fitness (1)	Never on task, does NOT push self, and does NOT work at a level that will improve personal physical fitness (0)

#### GRADING SCALE

A+ = 99-100%  
A = 95-98%  
A- = 93-94%

B+ = 91-92%  
B = 88-90%  
B- = 86-87%

C+ = 84-85%  
C = 80-83%  
C- = 78-79%

D+ = 76-77%  
D = 72-75%  
D- = 70-71%

#### ABSENCES

Student will be allowed two absences per quarter which they will not be required to make up. A student who has three or more absences has the opportunity to make up the missed work. This is completed by the student setting up a time to make up the activity during a study hall, before or after school with 30 minutes of activity in the fitness center. It is the STUDENT'S RESPONSIBILITY to make-up all written and skill tests. This is due within one week of the day you return from your absence. If not, daily participation points will be lost.

## **MEDICAL POLICY**

A Physician's statement is required when a student needs to sit out of participation due to medical reasons. Parent notes will be considered for short term problems (1-2 days) on an individual basis.

Short Term Medical – a written assignment needs to be obtained from your Physical Education instructor. Your instructor will give you the information that is needed to receive credit / grade for the days missed due to the medical.

Extended Medical – 30 or more missed days of physical participation due to a medical issue will result in a no credit and will need to be handled through the student's counselor and Physical Education instructor.

## **PHYSICAL EDUCATION DRESS:**

The following policy outlines the standards of dress for all Bonduel Physical Education classes. The Bonduel School District Student Dress code will be enforced.

1. Full-length T-shirt, tank top and cut-offs need to have high neck and armpit. Shirts with profanity or reference to alcohol, drugs, or sex are not acceptable. No undergarments can be showing.
2. Athletic shorts or sweat pants which must be worn with the waistband at or above the hips and length of shorts at mid-thigh.
3. Tennis shoes and socks. Shoes must have appropriate flat bottom sole. Shoes that mark the floors are not allowed.
4. No hats or bandannas will be worn in class.
5. No large earrings, watches, or bracelets are to worn to class.
6. Students are required to shower after each class. A failing grade for that class period will be given for not taking a shower. The teacher due to activities of that day may make exceptions.

The following action will be taken should a student fail to meet the proper uniform guidelines and proper excuse guidelines:

- The first time a student is without a proper uniform he/she will receive a warning from the teacher and it is recorded in the grade book.
- Each time after the first warning the student will lose participation points.

## **HEALTH AND SAFETY POLICIES:**

- Each student will be assigned a locker with a combination lock.
- Don't leave valuables and money unlocked. If theft occurs, let your teacher know I immediately. The Bonduel School District is not responsible for lost or stolen property.
- NO cell phone are allowed in the locker room area.
- NO glass bottles in the locker room, bring shampoo, soap, deodorant, etc. in plastic bottles
- All students participating in extra-curricular activities must participate in PE on the days of competition.

If you have a medical excuse due to illness or injury for PE, it also applies to removal from practice after school. The students' coach / advisor is notified by the PE teacher if non-participation occurs.

- If a student is injured during class, the teacher must be notified immediately.
- Profanity is NOT tolerated. A Teacher-Student conference, Teacher Student Parent conference, Principal conference shall be progressive steps taken if the profanity continues.
- Use the equipment properly and as instructed. Students damaging school equipment or property will be liable to repair or replacement.
- Follow all class safety procedures and rules.
- Good judgment, reason, and common sense are to be used at all times.

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Please sign and return this portion (below the line) with your child indicating that you have read the Bonduel High School Physical Education Syllabus.

Student's Name \_\_\_\_\_

Grade \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_