



Course Expectations for: Girls and Boys PE I & II, Physical Strength & Conditioning, & Lifetime Sports & Functional Fitness

Teachers:

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COURSE DESCRIPTION:

A one-year physical education course focuses on the physical, mental, social, and emotional development of the individual in cooperative and competitive settings. The student is provided with experience in psycho motor skills, movement understandings, and lifetime health-related fitness knowledge, skills, and values. The goals of this course are accomplished through participation in movement experiences and application of movement principles found in team sports, individual/dual sports, fitness and wellness activities, rhythms/dance, tumbling, and lifetime recreational activities. Rules, strategies, and safety are emphasized in relation to active participation and development of knowledgeable spectators. Self-esteem is incorporated into all areas of the curriculum as well as the exploration of career opportunities in related fields.

COURSE GOALS:

1. Upon completion of the course, students will be able to:
 - A. Memorize and be tested on basic rules of team and individual sports.
 - B. Display understanding of rules and skills related to different sports in game and tournament play.
 - C. Evaluate the physical performance using a comparison-based evaluation tool.
 - D. Physically participate in team & individual activities that promote social, mental, and physical health.
 - E. Follow directions as given by the instructor or team captain in class activities.
 - F. Show improvement in strength, endurance and flexibility.
2. Upon completion of the course the students will be able to:
 - A. Develop positive attitudes and habits for healthful living.
 - B. Explore different lifetime physical activities.
 - C. Encourage cooperation, good sportsmanship, and emotional control.
 - D. Develop leadership qualities.
 - E. Dress and groom appropriately for physical activity.
 - F. Explore career opportunities in fields related to physical activity, such as professional athletics, physical education instruction, personal fitness training, as well as many other activity-based fields.

REQUIRED MATERIALS:

1. Liberty High School P.E. Uniform (Shirt, shorts): **\$25 due** to the **Banker** before/after school
 - * Warm clothes may be worn **over** LHS PE uniform during winter. No street clothes allowed.
 - **LHS Sweats can be purchased for \$40!** These can be worn in place of the LHS PE uniform.
 - * Rental clothes available for nominal fee. Clothes **MUST** be returned at end of each class period!
2. Liberty High School lock: **\$5 due** to the **Banker** before/after school. **No personal locks allowed!**
3. Proper **athletic** shoes with laces, socks, under garments & hair band (girls)
4. Classroom Notebook, pencils, and a magazine dealing with sports, fitness or nutrition.
5. Recommended items: deodorant/antiperspirant, washcloth/hand towel, hand sanitizer, personal feminine products

CLASS ORGANIZATION:

Roll call will begin **ten minutes** after the start time for class. The locker room will be **locked** at this time and will **remain locked until the end of class**. **Ten minutes** will also be allotted at the end of class for dressing. Students may not leave the locker room or designated activity area without the teacher's permission.

GRADING:

General Grade Scale:

A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	50 – 59%

Semester Grade Scale:

Qrt. 1 & 3	40%
Qrt. 2 & 4	40%
FINAL EXAM	20%

TOTAL	100%

***QUARTER GRADES** are determined by a straight point system, which is comprised of a daily assessment grade (see below), daily participation, fitness testing, skill assessment, quizzes, tests, and projects.

* **LHS RE-TEST POLICY:** Students may ask to re-take ONE test per quarter/per teacher!

- It is the student's responsibility to schedule that re-test with his/her teacher.

DAILY ASSESSMENT: Each student receives a total of **6 points per day** for regular activities.

1 point:	promptness (to locker room AND roll call)
2 points:	proper dress uniform (athletic shoes, LHS PE shorts, LHS PE shirt)
3 points:	participation, effort, attitude, behavior

- Note: If a student is not dressed out in the required uniform he/she is **not** allowed to participate in the days' activity; therefore he/she will lose **all** participation points as well as proper dress points (**5 point total deduction**).
- Repeated loss of participation or tardiness will result in disciplinary action taken by the instructor, which may include but not limited to: parent contact, referral to dean, and/or a "U" in citizenship.

- **CITIZENSHIP:** Citizenship is an important part of physical education and will be part of the class grade per LHS
O-Outstanding (exceptional behavior; 0-2 infractions) **S**-Satisfactory (average behavior; 3-4 infractions) **N**-Needs Improvement (poor behavior; 5-6 infractions) **U**-Unsatisfactory (blatant defiance of rules/habitual offender)

MAKE-UP WORK

1. Make-up work will be required for all **excused absences only**. Make up work is **not** accepted for unexcused absences.
2. It is the student's responsibility to obtain appropriate make-up work within **two school days** directly following the absence, and has **three school days** to complete it for credit. Teachers may use their discretion.
3. Grading of the make-up work is at the teachers' discretion, and may not result in the full 6 points.
4. After the 5th absence no more than half credit may be earned for the completion of make-up work (teacher discretion).
5. Neatness, proper spelling, grammar, and sentence structure are expected on all make up assignments.
6. **No make-up work will be allowed for students who elect to not dress out**, as rentals are available to students. Students placed on RPC or In-House are still responsible for the make-up work for days missed.

Written excuses from participation:

- Excuses for one to two days requires a clearly handwritten note specifying what the student may or may not do, reason(s) for the limited activity, daytime phone number, date, and the signature of the parent or guardian.
- Excuses for three or more days require a note written from a doctor specifying what a student may or may not do, reason(s) for the limited activity, length of time the student will be restricted from the activity, doctor's signature and date on letterhead or prescription form as given by the doctor. Students will not be allowed to resume physical activity until the doctor releases him/her or the end date is included in the original note.
- Recent studies have indicated that most people with asthma are still able to participate in a wide variety of activities. We ask that you confirm with your doctor that your asthmatic student will be able to participate fully in physical education classes. Please contact your teacher immediately with any medical concerns.
- Studies have also shown that exercise is actually beneficial to women who experience menstrual cramping. Your daughter will be required to participated in physical activities at all times, including during her menstrual cycle. Thank you for your support in this matter.

CLASSROOM CONTRACT/RULES:

1. Follow directions at all times!
2. Be inside the locker room **before** the bell!
3. **No loitering in the gym before/after class and/or WITHOUT a coach's supervision!!!!!!!**
4. No glass, food, gum, candy, cell phones or electronics.
5. No horseplay, loud talking or yelling in locker room and/or P.E. areas.
6. Equipment and space should be treated with respect at all times.

PROGRESSIVE DISCIPLINE:

- 1st infraction – verbal warning, loss of points
- 2nd infraction – last out of class, teacher conference, sign behavior log, loss of points
- 3rd infraction – parent contact, counselor contact, loss of points
- 4th infraction – Dean's referral, loss of point

**Please note that we reserve the right to skip steps should the behavior become grossly disruptive to the learning process.

* **Discipline yourself so others don't have to!** – John Wooden

