

Granite Bay High School PE 10 Syllabus

COURSE DESCRIPTION:

PE 10 continues to build on the experience, skills, and knowledge gained in PE 9. It is designed to introduce students to various games and sports with an emphasis on team sports and life-long activities and fitness. Social skills, sportsmanship, positive and appropriate behavior, fitness principles, and regular daily conditioning will continue to be taught, practiced, and reinforced.

OBJECTIVES AND LEARNING OUTCOMES:

At the end of the 18-week term, students will be able to demonstrate basic knowledge of vocabulary, rules of play, game strategy, four phases of movement, safety and etiquette in volleyball, softball, badminton, archery, flag football, ultimate Frisbee, and other PE-developed games. In addition, students will be taught the following skills and concepts:

- Five components of fitness (strength, endurance, flexibility, cardiorespiratory, and BMI)
- Proper technique when performing HIIT (High Intensity Interval Training) fitness exercises
- Four phases of movement: Initiation of Movement, Force Production, Critical Instant, Follow Through
- Volleyball bump, set, and serve
- Catching, throwing, and hitting a softball
- Serving a shuttlecock in badminton
- Returning a shuttle and maintaining a rally in badminton
- Proper and safe bow shooting (stance, hand position, dominant eye, and anchor point).
- Keeping score in archery
- Throwing and catching a football
- Throwing and catching a Frisbee
- Proper etiquette and positive sportsmanship in all games and activities

FORMAT OF CLASS:

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| 1. Warm Up: | Increases body temperature to move large muscles |
| 2. Dynamic Flex: | Lengthens major muscles and loosens ligaments |
| 3. Resistance exercise: | Increases overall muscular and core strength |
| 4. Cardiorespiratory exercise: | Improves overall heart and lung function |
| 5. Sport/activity: | Introduces enjoyable life-long activities that promote social team work, sportsmanship and comradery. |

CLOTHING:

Students must dress down in appropriate physical education clothes and **ATHLETIC SHOES** in order to participate in class. GBHS PE clothes may be purchased for \$30 (\$15 for a moisture-wicking t-shirt and \$15 for shorts) from Student Services, or online at https://webstores.activenetwork.com/school-software/granite_bay_high_sch/

A complete PE uniform consists of:

- Clearly and visibly marked grey t-shirt (no tank tops) and black shorts (6" INSEAM MINIMUM)
- Athletic socks
- Athletic shoes with laces
- PE shorts MUST be worn over leggings
- Optional sweatshirt and/or sweatpants may be worn during inclement weather (no heavy jackets allowed) and MUST be GBHS school colors (green, grey, black, or white). All gym clothes are to be taken home on a regular basis (a minimum of once a week) and washed. If you lose any part of your uniform, you must replace it as soon as possible. You will not be allowed to cut sleeves or any other part of the uniform.
- Student's first initial and last name must be visibly marked on all PE clothing

GRADING:

During each 9-week term, grades will be based on (%'s are approximate and may vary slightly)

- Participation, effort, and positive behavior: 50%
- Timed runs: 25%
- Assessments: 10%
- Fitness and run log 10%
- Video biomechanical analysis 5% (1st term)
- Final exam 5% (2nd term)

All students begin each day with **10 Points**. The total possible points in a five-day week are 50, plus additional points for timed runs, run and fitness logs, assessments, and other assignments.

Daily Participation Grading Policy Break Down

- **BEING ON TIME** - You must be dressed and ready to participate on time.
- **HAVING REGULAR ATTENDANCE** - You must attend class daily. Each day missed, for any reason, is a 10-point deduction for the week's total points that can only be made up by attending PE make-ups on Wednesday mornings (see PE make-up policy below).
- **HAVING A POSITIVE ATTITUDE AND GOOD MANNERS** - You must have a positive attitude at all times- no divas, no whiners, and no grumps! A positive attitude includes respect towards your teacher, TI's/TA's, and fellow classmates. (Bad manners and disrespect is talking back to your teacher without warrant, cursing, saying rude negative remarks to teacher and classmates).
- **SHOWING PROPER BEHAVIOR** - I have high expectations of my students and I will NOT tolerate inappropriate behavior. I expect each student to follow the rules of the student handbook as well as my class rules and procedures. You must listen closely and never talk when the teacher, student teacher, or TI/TA is talking and giving instructions. Disruptive behavior and talking will result in automatic point deductions. Students who are chronically disruptive will be asked to leave the classroom, and may be sent up to the administrative office for discipline. Points will also be deducted for unsafe behavior, putting themselves or others in danger of getting hurt. Horseplay and fighting are never tolerated.
- **EFFORT**- You must put forth 100% effort at all times and have a personal commitment to always improve. Don't do enough to get by...Do enough to get ahead!!! A lack of effort = Loss of participation points.

No cell phones, gum, food, or drinks other than water allowed in the gym, locker rooms and fields

Points will be deducted for the following reasons:

Non Dress	-10
Non-Participation	-6 to -10
Class cut or UA leaving early	-10
Food/Drink/Gum	-5
Language	-3 to -5
Behavior	-3 to -10
Cell Phone	-5 (1 st offense) -5 and cell phone taken on subsequent offenses

PE MAKE-UPS

All students are given the opportunity to make up excused absences and parent excused illness/injury notes. Students will not be permitted to make up points because they chose to sit out and not participate in the day's activities. Make ups are designed to help those who have a parent note for an illness or injury up to three days, or an excused absence. Makeups are offered during priority Grizzly Time. Students must be dressed in PE clothes and report on the track no later than 9:20am, and complete required laps by 9:35am. Run make ups will be held in the large gym during inclement weather. ****Make ups DO NOT reduce the total number of days missed towards the Maximum 15-day limit.**

MAKE-UP POLICY

Students must run 6 laps to make up:

- Absence only, OR
- Graded run only
- May make up graded run on a day you're absent by running 10 laps

LOCKER ROOM, GYM, AND FIELD RULES

- The atmosphere in class is one where everyone feels respected, safe, and comfortable. It is a positive, encouraging, and energetic atmosphere. I expect everyone to help create and keep this atmosphere at all times.
- **NO CELL PHONES!!!** Leave your phone in your locked locker. Students are not permitted to bring cell phones to class **unless directed otherwise by the teacher for online assignments.**
- Students should go to the bathroom before coming to class. If a student does need to go to the restroom during class, they will have to go to the bathroom on the track or in the gym lobby.
- Students are not allowed to use PE equipment (i.e. basketballs, volleyballs, footballs, Frisbees, etc.) without teacher supervision.
- Absolutely no food, drinks, or gum allowed at any time in the PE facilities or during class.

LOCKER ROOM PROCEDURES

- Students will be loaned a school lock and locker. Failure to return the assigned lock at the end of the term will result in a fine payable to student services.
- Store your PE clothes in your assigned locker when participating in PE class. Use the large locker for street clothes and other personal belongings during class only. Please be sure to check that the required school lock is locked. Put the lock back on the small locker at the end of the period.
- Locks will be taken off and items removed if a lock is left on long locker after each period.
- Students are not to be in the locker room without supervision.
- Enter and leave the locker room from the back doors ONLY. The doors leading into the hallway between the locker rooms and the gyms are off limits during the school day.
- The locker room is off limits unless you are dressing for PE or preparing for an extra-curricular activity. If a student needs to gain access to the locker room during other times, please go to the office to request a campus monitor to assist you.
- **After class, all students must wait behind the gate between the PE building and theater, as well as the gate between the PE building and outdoor basketball courts, until the passing bell rings.** Students caught on campus or in the parking lot before the passing bell rings, or 2:35, will get an "unauthorized absence" from class, lose 10 points, and may receive a disciplinary referral.

SECURITY

Report all thefts to your teacher and our school resource officer. The PE Department and teachers are not responsible for lost or stolen items. Please do not bring valuables to school. PLEASE: 1. Do not let your combinations be known. 2. Be careful that you are not being observed while dialing your combination. 3. Check that the lock is secure by rolling the tumbler and pulling down on the lock.

MEDICAL EXCUSE POLICY

PARENT NOTES

- Students are responsible for all medical excuses, notes, and readmits. In order to be excused from class activities, the student MUST bring a SIGNED AND DATED note from a parent.
- **Student must dress in PE clothes when medically excused from activity by a parent.**
- Student must bring a note from a parent requesting limited or no activity due to injury/illness. The note **cannot exceed three class days.**
- If a student needs to be excused for **four or more days**, a note from a doctor is needed indicating the length of time to be excused.
- If a student becomes injured or ill during the day, he/she can bring a note the following day excusing them from activity in order to be eligible to make up missed points.
- **A missed day(s) due to a parent note must be made up by attending PE make ups. Daily activity points ARE NOT WAIVED and must be earned.**

DOCTOR'S NOTES

- A doctor's note is required if a student is injured or sick more than three consecutive days. Please have the doctor be as specific as possible, identifying what the student can and cannot do.
- A doctor's note stating "NO PE" will freeze the student's activity grade until he or she is cleared.
- Students are still required to complete academic work as assigned. **A student may miss up to, and NO MORE THAN 15 days of PE in one 9-week term.** A "no mark" will be given if student exceeds 15 days. A signed and dated parent note will excuse the student from activity that day and up to three days; points missed must be made up.

ATHLETICS ON GAME DAY

All athletes will be required to dress out and participate in PE class on game days. Release times for all games will be posted, and no one will be allowed in the locker room until the dismissal time. Athletes must have their coaches or a campus monitor give them access to the locker room while PE teachers will be responsible for supervising their classes. Since visiting teams often use our locker rooms, please be sure to check that your possessions are locked up in a secure locker.

A doctor's note stating NO PE also means NO ATHLETICS.

Have Fun, Laugh, and Play

PE can be very rewarding and great fun. If you work hard and keep yourself open to new ways of moving as well as thinking, by the end of the term you'll have many skills, and a great fitness level you can be proud of no matter where you started the year. I look forward to working with each and every one of you; and I hope that every student will grow to love and appreciate PE as much as I do! I'm excited to work with you as you improve and build on your sport skills and physical conditioning. If I'm able to get you excited about one sport or fitness activity (or many) that you can take away from this class and do outside of GBHS or PE, then I've done my job ☺