

# Oakmont High School Physical Education

*Students will be personally and socially responsible for applying strategies to improve and maintain personal health and well-being.*

## COURSE II SYLLABUS

### COURSE DESCRIPTION:

The OHS Physical Education program has been designed to focus on three key areas of student learning:

1. Movement - Health and Skill-Related Fitness, Sport/Activity Skills, Tactical Skills
2. Strategy - Health-Related Fitness Concepts, Sport Rules, Historical Perspective and Strategy
3. Character - Viking Expectations, Fairness, Caring, Perseverance, Reflection and Inclusion

Each of these areas may be addressed through the following units of instruction (Est. 7-10 days per unit):

Health/Skill-Related Fitness	Basketball	Combatives
Soccer	Team Handball	Volleyball
Australian Rules Football	Ultimate Frisbee	Hockey
Archery	Recreational Games	Gaelic Rules Football
Football	Softball/Over the Line	Rugby

### ASSESSMENT:

Physical education is a participation-based course, thus it is imperative that students participate in all activities on a daily basis. The grading policy for this class is weighted accordingly. *\*There are limitations to the amount of modification that can be applied to earn a Course 2/PE 10 grade.* This course will assess student achievement in all three of the key areas of student learning: Movement, Strategy and Character. Assessment of these areas will be done through the use of *Rubrics, Written Assignments, Quizzes, Projects/Labs, and Assessments.*

**50% Movement Grade** (participation towards developing the movement and/or strategy identified in the daily objective) *\*Full participation in Physical Education is expected of all students regardless of involvement in extra and/or co-curricular activities.*

**20% Viking Expectations** (demonstration of responsibility, respect, integrity, active engagement, fairness, caring, perseverance, reflection and inclusion)

**30% Formative/Summative Assessments** (demonstration of in progress/final understanding of the concepts related to Health and Skill-Related Fitness, Sport Rules, History and Strategy)

A: 100-90

B: 89.99-80

C: 79.99-70

D: 69.99-60

F:59.99-0

### ATTENDANCE

- Upon returning from an absence, it is the student's responsibility to check with his/her teacher regarding missed activities and/or assignments.
- Students are responsible for making up any and all assignments due to absences of any kind.

**EXCEPTION: Unexcused absence (cut) cannot be made up.**

- Tardy students will result in a loss of character points. A pattern of tardies will result in an intervention.
- **No more than 15 days of absence/medical per quarter for credit.**
- Make-ups will be done during the intervention period.
- ***Sports/after-school activities are not a substitute for PE make-up or participation in PE.***

## INJURIES/ILLNESSES

- Parents are allowed to excuse their student up to 3 days per quarter for injury or illness. Students are still expected to dress unless excused by teacher discretion.
- After the exhaustion of the 3 days, a note from a physician is required to continue excusing a student from participation
- A medical/physician note should allow for the fewest restrictions possible to allow for continued participation without risk and will not negatively affect a student's grade. The student is still responsible for all assignments not reasonably limited by illness/injury i.e. a student with a broken arm may still participate in lower body and cognitive assignments.
- The student should attend a make-up session/intervention period to earn missing assignment points.
- **\*\*\*If the medical note excuses the student for more than 15 days of the quarter or added together with absences, he/she will not earn credits for that quarter.\*\*\***

## INTERVENTION PERIOD/ MAKE-UPS

The intervention period is available for students to make-up missed work due to absence and/or receive additional support. Students must dress in their PE clothes, check in to the gym no later than 5 minutes after the intervention period begins. PE Intervention is offered exclusively to make-up points and support student achievement, **NOT** to earn extra credit.

## PE LOANERS

PE loaners will be provided for one class period use if needed. Go to the P.E. loaner room for help. **ID cards need to be provided** in exchange for the PE Loaners (backpacks and phones cannot be accepted in lieu of ID). Loaner clothes must be returned to the PE loaner room directly after class. Students that borrow loaners will see a reduction in affective points. No more than 3 loaners will be given in a quarter.

## NON-SUIT

Loss of character points from non-suits cannot be made up. Students are provided opportunities to use PE loaners. Refusal to use loaners or dress is considered defiance and will result in administrative referral and character point deduction.

## LOCKER ROOM PROCEDURE

All locks for use in the locker room will be provided by the PE department. Lost locks will result in a \$7.00 fine. Private dress areas are provided for those students who prefer such accommodations. Any disruptive behavior in the locker room may result in loss of privileges

## UNIFORM & SUPPLEMENTAL REQUIREMENTS

- Oakmont PE/Athletic shorts and shirt, athletic shoes with laces (no hiking boots, street shoes, slip-ons or flip-flops) and socks.
- Compression shorts, yoga pants and other form fitting garments must be worn under PE shorts (black and gray only)
- Torn or ripped clothing is not acceptable and need to be replaced. Any modification to the PE uniform will result in PE loaners. Sagging shorts is a violation of the school dress code.
- \*Optional: sweatshirt/sweatpants (solid blue, gray, or black only – highly recommended for colder weather), worn over the P.E. uniform.
- Hats, at teacher's discretion, for protection from the elements will be permitted. No sunglasses, unless prescribed by a physician, may be worn during class.
- PE package that includes: OHS P.E. shirt, shorts.
- Chromebook by request of teacher
- **LOCKS WILL BE PROVIDED BY THE P.E. DEPARTMENT.** Replacement of lost lock \$7.00

**Please sign and return to your P.E. Teacher- PLEASE DO NOT CUT**

If you would like a copy of this, please print one off of the school website.

**I have read and understand the rules, regulations, and standards for OHS Physical Education Course II.**

Student Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/Guardian Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

PE Teacher:

P.E. Period(Circle): 1 2 3 4