

Oakmont High School Physical Education

Students will be personally and socially responsible for applying strategies to improve and maintain their physical, mental, and emotional health.

ELECTIVE PE SYLLABUS

COURSE DESCRIPTION:

The OHS Online Physical Education program has been designed to focus on three key areas of student well-being:

- 1. Physical** - Physical activity, Nutrition/Diet and Rest/Sleep.
- 2. Mental** - Psychological, and Social well-being. It affects how we think, feel, and act.
- 3. Emotional** - Ability to accept and manage feelings through challenge and change.

Each of these areas may be addressed through the following units of instruction (Est. 5 days per unit):

Health-related Fitness	Skill-Related Fitness	Movement Concepts
Mental Health	Emotional Health	Volleyball
Australian Rules Football	Ultimate Frisbee	Hockey
Archery	Recreational Games	Gaelic Rules Football
Football	Softball/Over the Line	Rugby
Combative	Basketball	Team Handball

ASSESSMENT/GRADING:

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. This course will assess student learning in all three of the key areas identified above: Physical, Mental, and Emotional Health. In addition to Daily Fitness Journals, assessments may include any of the following: Reading Assignments, Written Assignments, Research Projects, Group Projects, Quizzes, and Tests.

50% Activity/Viking Expectations (demonstration of responsibility, respect, integrity, active engagement, fairness, caring, perseverance, reflection and inclusion)

25% Formative Assessments (Weekly quizzes, reading/discussion summaries)

25% Midterm and/or Final Project (Individual or group, project-based assessment)

Student grades can be accessed on [homelink](#).

**Full participation in Physical Education is expected of all students regardless of involvement in extra and/or co-curricular activities.*

Grading Scale:

A: 100-90 B: 89.99-80 C: 79.99-70 D: 69.99-60 F:59.99-0

ATTENDANCE

- Students are expected to attend synchronous [Zoom](#) classes daily, during the period they are assigned Physical Education.
- Absences/Tardies from synchronous Zoom classes may negatively affect student's grade.
- Students are responsible for making up any and all assignments due to absences of any kind.
- Classwork will be hosted on [Google Classroom](#) ([cydzg2l](#)). Most assignments should be accessed through this site.

HUB TIME (Tuesday-Friday, 1:30-3:00)

- Missed class time due to injury or illness can be made up during Hub Time by making an appointment with the teacher.
- Students who require additional support or instruction can use Hub Time by making an appointment with the teacher.

VIKING EXPECTATIONS

VIKING EXPECTATIONS	CHOOSE RESPECT	BE RESPONSIBLE	HAVE INTEGRITY	ACTIVELY ENGAGE
EXPECTED STUDENT BEHAVIOR IN OUR DIGITAL CLASSROOM	<p>Teachers record all Zoom sessions (direct instruction) so that students can access later.</p> <p>Be mindful of your actions and choose your on-camera behaviors wisely.</p> <p>Use appropriate language and tone with everyone.</p> <p>Respect others' personal experiences and perspectives.</p> <p>Reduce any possible distractions before logging in.</p>	<p>Arrive a few minutes early to the start time.</p> <p>Keep yourself muted until it is time for you to talk and participate. You may also use the chat feature to ask the teacher a question.</p> <p>Be present - physically and mentally. Please leave your camera on.</p> <p>Take an active, positive role in classroom discussions with the whole class as well as in breakouts.</p>	<p>Use only your first and last name for screen names.</p> <p>Be mindful of others' feelings, opinions, and experiences.</p> <p>Complete assignments on your own. If you are struggling, or need extra time, use email or Hub time to communicate with your teacher. (See the Academic Dishonesty policy)</p> <p>Do not share quiz or test information with other students.</p>	<p>Attendance is important for your learning. Log-in and attend ALL scheduled class meetings.</p> <p>Let your teacher know ahead of time if you will be absent.</p> <p>Make up assigned work when you miss a class.</p> <p>When you are in breakout groups, stay focused on the questions and participate fully. Participation in whole-group and breakout discussions will be graded.</p>
Classroom Routine/Behavioral Expectations				
Entering the Classroom	<ul style="list-style-type: none"> • Arrive a few minutes ahead of the start time to prepare yourself for class. • Make sure your camera is on and that your speaker is muted. • Complete the pre-activity assignment in Google Classroom. 			
Working in Break-out Groups	<ul style="list-style-type: none"> • In breakout groups, be a partner that contributes equally. • Respect others' perspectives, thoughts, and feelings. This class deals with current health issues which are personal and sensitive. • Remain on task. When your group is finished with the task, wait patiently to be brought back to the whole group. 			
Technology Use	<ul style="list-style-type: none"> • Use only your first and last names as screen names. • Keep your backgrounds simple and appropriate to limit distraction. • Have your device fully charged or plugged in before class. 			
Asking for Help	<ul style="list-style-type: none"> • Ask questions using the chat. Feel free to email your teacher anytime, but know that they will not check school email after 3 PM. They will get back to you within 24 hours. • Email your teacher if you are going to be absent to ensure make up work is made available. • If extra help is needed, contact your teacher to set up an appointment during Hub time. 			
End of Class	<ul style="list-style-type: none"> • Class will end with a post-activity assignment. Please don't leave the Zoom until dismissed. Your teacher will hang out for a few minutes at the end of class for questions. 			

Please click the link below to electronically sign the syllabus

[I have read and understand the rules, regulations, and standards for OHS Physical Education Course 10.](#)