

**School Year**: 2017-2018

**Instructor:** Coach DuBois

**Email:** mdubois@paradiseschools.org

**Phone:** 623-455-7466

**Office Hours**: 2:30-3:30

**Course Description:** **7000**

**Physical Education 1 Credit**

**Grade 9**

This course represents an orientation to physical education, physical fitness and health. It is an introduction to basic skills and movement by participation and instruction in the following activities: team and individual sports, dance, and physical fitness. Students will be encouraged to strive for lifetime personal fitness and optimal levels of health.  This course will equally require both physical and classroom participation.

**Key Standards:**

**S3.H1.L1: Discusses the benefits of a physically active lifestyle as it relates to college or career productivity.**

**S5.H2.L2: Participates in inclusive programs that combine students of all ability levels.**

**S5.H3.L1: Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment.**

**S1.H2.L2: Demonstrates competency in dance forms and rhythmic movements by choreographing a dance, designing a workout routine or by giving a performance.**

 **S5.H3.L1: Engages in a balance of skill/health related fitness activities.**

**S5.H3.L2: Refines activity-specific movement skills in one or more lifetime activities. (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games) S1.H3.L1: Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities. S1.H3.L2: Demonstrates competency in 2 or more specialized skills including demonstration, application and evaluation in health related fitness activities.**

**S5.H2.L2: Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.**

**S4.H1.L1: Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately as needed.**

 **S4.H2.L1: Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.**

**S5.H4.L1: Shows respect and acceptance of others with varying ability levels to support a cooperative learning environment.**

**S4-C1-PO1: Perform Nationally recognized fitness test.**

**S3.H11.L2: Develops and maintains a fitness portfolio**

**Activities:** Each physical education class will change out every single day whether in a classroom or active environment. Students will warm-up/stretch and perform fitness activities, other cooperative team games/sports or classroom activities. The classroom environment will include handouts and materials related to the unit of study as well as projects and occasional homework. Units that may be covered include but are not limited to, Health & Skill-Related Fitness, Muscles, Nutrition, Circuit/Interval Training, Individual/Partner Work Outs, Ultimate Frisbee, Basketball, Volleyball, Rugby, Soccer Indoor/Outdoor, Dance, Lacrosse, Flag Football. Students are further required to demonstrate fitness testing throughout the year and will be required to keep a personal fitness portfolio including fitness scores, goals, plans for improvement, exercise logs, etc.

**Showers:** Students have the option to shower. Students will be given the allotted time to dress out at the end of class. Students will also be responsible to bring his or her own towel.

**Lockers:** Lockers will be available for students to use ONLY during his/her class period. All PE items should be brought to school each day in students’ backpacks. It is HIGHLY recommended that each student brings a lock and secures ALL items during class. PHHS WILL NOT PROVIDE LOCKS. ANY LOCKS LEFT ON THE LOCKER AT THE END OF THE QUARTER WILL BE CUT. PHHS DOES HAVE THE RIGHT TO CHECK LOCKERS. Students are responsible for the following:

* Securing clothes and personal belongings into the locker during class time and locking it.
* Taking ALL personal items from the locker at the end of EACH class period.
* Reporting lock combination to his/her Instructor
* Personal valuables (large amount of money or valuable items should NOT be brought to school; if so, they should turn them into the main office for safe keeping).

\*\*\* Coach DuBois, Coach Roiko & Coach Kinnoin will not be responsible for any items that go lost or missing during PE times. It is the SOLE responsibility of the student for securing personal items properly. If an incident does occur in the locker room it will be reported to the Office.

**Dress Code:** Students are required to dress out for PE every day during his/her class time. Students will still be required to comply with the PHHS Dress Code Policy. Students will be required to wear the proper PHHS Physical Education Uniform to every class. Each student will have two sets of uniforms that can be purchased through the front office and are required to have athletic shoes. **If students lose or misplace any part of the PE Uniform they will be responsible for replacing it PRIOR to his/her next PE period.**

**Absences:** If you miss class for any reason, you will be marked absent and will be responsible to make up the points lost from that class. *Participation points may be made up at home*. Each day absent will require 1 hour of physical activity done at home. A PARENT/GUARDIAN *must email the instructor* specifying the type of activity you participated in, the length of time the activity took and the specific date the activity done at home is making up for. Once the Instructor has received this email, your participation points will be updated in the grade book.

**Non-Dress:** Consequences for non-dresses include the following:

* First non-dress = student/teacher conference, email parent
* Second non-dress = parent contact and After School Detention (ASD)
* Third non-dress = referral to principal for defiance, could face possible suspension
* ***ALL*** non-dressers will be given an alternative assignment and lose points.

**Lowered Grade/ Losing points:** Students will be subject to a lowered grade in the following circumstances:

* For every absence, medical, and home excuses that are not made up.
* For every incident of non/low participation or non-dress, student will lose points
* Having late or missing class work & assignments
* Low scores on summative assessments/projects

**Make-Up Points:** There will be no way to make up end of unit summative scores. Students are required to be responsible for all class work and concepts covered prior to final assessments and to make sure they are prepared through studying for all assessments. Coach DuBois will be available after school to help any students if they have the need.

All daily work is required to be complete and turned in on time. Any late work will be graded per PHHS late work policy.

If you are absent from class or can’t participate during class due to an injury, Coach DuBois will give alternative assignments for the length of the injury in order for students to earn participation points.

If you are in class and are well-abled to participate but won’t for whatever reason parents will be notified and further action taken if necessary, such as a referral to ASD or the Office.

**Grade Scale:** All grades are based on a grading scale designed by PHHS.

* 60% = Summative Assessments
* 25% = Formative Assessments
* 15% = FINAL

**Class Schedule:**

Change Out/Warm Up 10 min

Standards & Daily Objectives 3 min

Instruction/Activity 33 min

Dress out/Change out/Shower 5 min

**Materials Needed:**

* PHHS PE uniform (purchased through the Office)
* Athletic Shoes
* Lock (optional)
* Notebook/Portfolio
* Pen or pencil

**Schoology:** Students will create and maintain a Schoology account. This account will be used on a regular basis. It is the responsibility of the student to check Schoology for notes and classwork if they are absent. Students should turn in work when they return to class and not wait until they return to ask for work. Students can also contact me through Schoology.

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**Parents/Guardians please fill the needed information, sign and have your child return the bottom portion to Coach DuBois. Thank you!**

Parents/Guardian:

Students Name:

Home # Work # Cell#

Email:

**Childs Limitations:**

I’ve read and understand the general information provided by the Physical Education Department, if you have any questions or concerns please let me know.

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Parent/Guardian Signature

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Student Signature

ADD SCHOOLOGY PAPER TO SIGN ALSO