

Skateboard PE



(PO 571)

Robin.Etheridge@sduhsd.net

760-753-1121 x 5209

Course Description

This off-campus PE class is held daily at the Magdalena YMCA skate park. Students will practice their novice, intermediate and/or expert skills in competitive half pipes, verts, bowls, ramps and rails.

Requirements

Completion (passing) Year One PE (and on-line health), provision of own legal transportation to and from the YMCA and all mandatory equipment: helmet, elbow and knee pads and skateboard.

Overview

Through a standards-based curriculum, students develop skill-related fitness components to enhance their performance. Students will use their understanding of training and conditioning practices to improve skill acquisition and performance. Understanding the three areas (biomechanics, skill-related fitness, and training & conditioning), along with the role of emotions, provides students with the comprehensive knowledge to improve performance. Students will share the responsibility for creating and maintaining a physically and emotionally safe and non-threatening environment for all. Students will recognize that each group member brings different strengths and abilities and that it is important for the group to identify and utilize the strengths of each member to be successful in class. Students will understand that success can be achieved only when students cooperate and interact positively with others.

The following Standards guide instruction:

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grades

Students earn 3 points daily for an accumulated grade. No extra credit or make-ups are provided for trancies or unexcused absences. This is an activity-based class, and excessive &/or unexcused absences will result in a loss of credit for each day missed. There are no extra credit projects for excessive &/or unexcused absences. A medical doctor's note must be provided for consecutive, limited and non-participating days. If for a single class a student cannot participate, prior to class, a parent's note with explanation & contact is required.

- **1 Point: Student demonstrates responsibility.**
- **1 Point: Student is prepared.**
- **1 Point: Student actively participates.**

Grades will be posted on aeries. If there is any question about points earned or grades posted, contact Mrs. Etheridge.

Expectations

- The Magdalena Skate Park is a community facility and SDA students will be held accountable for their behavior while on the YMCA property.
- All policies and rules of the YMCA will be upheld by SDA students.
- Rude, crude or vulgar language or behavior will not be tolerated.
- Students are expected to respect others and demonstrate proper social behavior before, during and after class.
- Students must wear elbow pads, knee pads and helmet during class time.
- Students are to remain within the Skate Park during class time & not wander or loiter in other areas of the YMCA or its parking lot.
- Should a student forget, break or lose any of the required equipment, they will not be allowed to skate until it is replaced or provided.
- Students are expected to sign-up for Remind so that they remain informed about class meeting times & places.

Contact

Mrs. Etheridge's contact information is found at the top of this document, SDA's web site, and Mrs. Etheridge's web site. Please reach out with any questions or concerns during the semester.