



Year One Physical Education Syllabus

Course: PE PO505

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Description, Overview, Standards & Expectations

Please read carefully and contact Mrs. Etheridge for any clarifications.

Description:

Year One Physical Education combines California State Health Standards with California State Physical Education Standards. Students actively participate in Physical Education classes (70% of Year One PE grade) and also complete a 5-unit EDGENUITY health course curriculum online (30% of Year One PE grade). Year One PE is a graduation requirement.

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 in both individual and dual activities. Throughout the semester, students are assessed through health-related physical fitness assessments to determine whether they meet health-related fitness performance standards. 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 physical activities. Students will understand that success can be achieved only when students cooperate and interact positively with others.

Standards: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.

Expectations:

- Students are expected to be prompt, prepared and polite in class daily.
- Students are expected to actively participate in class daily.
- Students are expected to respect others and demonstrate proper social behavior before, during and after class.
- Students are expected to be respectful of the learning environment.

Materials, Attendance/Medical Conditions, Locker Room Policy, Online Health/Edgenuity & Grading Policy

Please read carefully and contact Mrs. Etheridge for any clarifications

Materials

The required PE uniform consists of dark athletic shorts, a grey or white T-shirt (SDA spirit wear is accepted as well as Diegueno, Earl Warren or Oak Crest PE uniforms), and socks with laced up sneakers. The PE uniform must be worn to conform to school dress code policy. Long hair should be tied back. Water is allowed, but no coffee drinks or sweet beverages are permitted. Eating is not permitted in class. There are no loaner uniforms available. Students are encouraged to keep an extra set of PE clothes in their locker in the event they forget to bring them back to school after laundering. Students should have their student I.D. card and earphones in their school bag/backpack daily.

Attendance/Medical Conditions

This is 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. The teacher will not stop instruction to open the locker room for tardy students. A parent note must be provided prior to class excusing students from class. A physician's note must be provided to your teacher at the onset of a medical problem lasting longer than five class sessions. The PE teacher will attempt to modify the student's program to meet the guidelines of the physician. If the injury/illness extends beyond 10 class sessions, the student will be dropped from class.

Locker Room Policy

Students are assigned a locker that can safely store their personal belongings. Students are not to share lockers. Students will be provided a lock that is to be returned at the end of the term. No personal locks are permitted. Students need to secure all valuables (and phones) in their locker during class. Students are expected to behave responsibly & appropriately in the locker room. Any concerns, conflicts or issues should be immediately directed to the teachers in the PE office. All students are expected to tidy up after themselves when using the locker room.

Online Health

Health Education is an online curriculum that represents 30% of the Year One PE grade. Students are responsible for completing the health course curriculum independently on-line. Each unit takes approximately 2-5 hours to complete. Online unit assessments are given each month on campus. There are 5 unit assessments. Note taking is strongly encouraged for retention and study purposes, but notes are not allowed during unit exams/assessments. Health curriculum includes the following topics:

Healthy Lifestyles, First Aid, CPR, Physical Fitness, Time Management, Personal Safety, Goal Setting, Decision Making, Stress, Anxiety, Emotional Health, Grieving, Loss, Suicide, Mental Health Disorders, Eating Behaviors, Weight & Body Composition, Nutrition, Tobacco, Alcohol, Medicines, Relationships, Respecting Individual Differences, Families, Communication, Friendships, Dating, Marriage, Refusal Skills, Violence, Abuse, Non-Communicable and Communicable Diseases, Cancer, Understanding Sexually Transmitted Infections, HIV, AIDS, Reproduction, Development, Pregnancy & Birth, Endocrine & Reproductive Systems, Gender Identity & Expression, Abstinence, Legal and Illegal Drugs, Choosing a Drug-Free Life, Current Health Trends and Topics.

All online health exams/assessments are proctored & scheduled each month during Year One PE class time. Students need to complete the units/videos/quizzes independently to be successful with monthly exams. Students should bring their own set of headphones and their school I.D. each day in their school bag/backpack should our PE class be able to work on edgenuity during PE class (outside of exam/assessment days).

Additionally, all students will receive CPR training (not certifications) from local EMT, Firefighters and Emergency Service personnel during the term.

Edgenuity:

Go to my.SDUHSD.net. Log in using the following directions: **Username:** Is your last name +first initial + the last 4 digits of your permanent ID number (no spaces). **Password=** Permanent ID number (this will never change for Edgenuity). The my.sduhsd.net page will help you enable your wireless device. If you need any assistance with passwords/ID numbers, politely contact Kalani Crosby in our Learning Commons.

Please keep login information for EDGENUITY in a safe place.

Grading Policy

Grading in Year One Physical Education at SDA is based upon the quality and quantity of students active participation along with evidence of completing instructional standards. Each day, students have the opportunity to earn 3 points by demonstrating responsibility, fitness knowledge & active participation. Points are accumulated and each PE grade reflects these accumulated points. Online health exams results are posted each month and the total Year One PE grade will reflect both PE performance points and Health exam results.