

Monarch Physical Education Outline

Instructors: Jennifer Dixon, Phil Bravo, Carmen Rivas, Troy Tewalt, Liz Thoele

Phone: 720 561-4200

Course Description: The purpose of a quality physical education program is to guide students in the process of becoming physically active for a lifetime.

COURSE STANDARDS:

- Physical Education Standard 1:
Students will demonstrate skills and apply concepts to a variety of physical activities.
- Physical Education Standard 2:
Students will demonstrate the components of health-related physical fitness.
- Physical Education Standard 3:
Students demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.
- Physical Education Standard 4:
Students will demonstrate safe, responsible behavior in physical education settings.

COURSE GRADING:

Grades and attendance will be available to parents and students on-line through "Infinite Campus".

****Preparation and Production (25% of student's grade)**

A student who attends class will receive between 1 and 5 points daily. Block Days are double points. Absences need to be made up. MHS Core Values require reaching one's potential with high expectations and striving for excellence.

- 5 pointsDressed out, Above Average effort for one's ability level/trying hard to participate.
Cooperating with and encouraging all classmates.
Attitude creating a positive class environment.
Willing to prepare and clean up activity.
Continuous movement for the entire class at a level exceeding one's ability.
- 4 points.....Dressed out, All students begin each day with 4 points. Average effort.
- 3 points.....Asked to increase effort, no change, showed signs of not participating
- 2 points.....Low effort, continuous problems with unsportsmanlike behavior and language
- 1 point..... Little effort if any, language, unsportsmanlike behavior, safety
- 0 points.....Not dressed for class or NO participation at all, unsportsmanlike behavior

Formative (60%) and Summative (15%) Assessment

****Fitness/Skill Assessment (75% of student's grade)**

In the Monarch P.E. classes the students will be assessed on their development of sport specific skills or fitness goals according to the standards. Testing of muscular strength, endurance, flexibility, body composition are examples of some of the assessments that will take place several times per semester in all classes. **Wellness in Action** is our new Comp. PE required class and will consist of some blended learning methods in the classroom as well as fitness workouts that may require workouts independently of the class. Block days will be used for skill activity assessment scores and cardiovascular fitness walk assessments. Fitness Walks (which consists of a 3.2 mile walk to and from the old bagel shop and Paul's Coffee shop and falls under our cardio fitness assessment) are parts of the fitness experience in the PE/Health classes. The walks will be included in the Formative and Summative Assessment and will follow the same guidelines.

Written Assignments may be given throughout the semester on the rules, strategies or class specific information.

MAKE-UP FOR BEING ABSENT (EVERYDAY IN CLASS)

The Monarch Physical Education policy is - students must make up all missed classes - even those **excused** by parents through the attendance office. Unexcused absences may not be made up. Absences due to school related activities, including athletics, do not need to be made up. It is the student's responsibility to inform the teacher of absences due to activities or any other special situations.

MAKE-UP FOR ASSESSMENT (LIKE A TEST OR QUIZ, PE STYLE)

The Monarch Physical Education policy is - students **CAN** make up all missed assessments. - Unexcused absences on a day of an assessment may not be made up. If you do not dress out on an assessment day, you can make up the assessment at a 50% maximum.

When you are absent, the question should be, "Did I miss an assessment" ?

P.E. Make-ups :

*If you missed **CLASS ONLY** – 15 MIN OF PE 90X on Wednesday morning from 8:15-8:30.

* If you missed **CLASS** and an **ASSESSMENT** - 45 MIN OF PE 90X on Wednesday morning from 8:15-9:00.

APPROPRIATE DRESS FOR CLASS:

This is part of Standard 4 in creating a safe non-distracting environment. **WHITE T-SHIRTS (full length) with the student's name on back and BLACK SHORTS which cover the entire buttocks ARE REQUIRED IN PE CLASS.** No spandex, volleyball short, cut-offs, shorts/cargo with pockets are allowed. Please no other exceptions. Dress is still subject to teacher's approval. Students **will not be allowed to participate if not appropriately dressed.** Students who do not dress out **will** be able to make up **an assessment** if there was one given on that date. Assessment make ups are offered on Wednesday mornings at 8:15 sharp. Student must dress out and be on time. 50% of the original assessment value will be offered at maximum. Remember, if no assessment was given then a non-dress would lose participation points with no way to make them up. Always be prepared for going outside (cold days).

GYMS, WEIGHT ROOM AND EQUIPMENT:

Students may be in the gyms or the weight room ONLY when a teacher is supervising. No backpacks in gym, weight/fitness rooms. . Equipment is to be used only when a teacher is supervising and with permission. **Please treat all equipment with care.**

LOCKER ROOMS:

You are to be in the locker rooms only for the purpose of changing or showering, before or after your Physical Education class or athletic team practice. Locks are to be brought from home and placed on small lockers. The long lockers are for use during your class period only. Be forewarned that theft and vandalism may occur. Please lock your locker at all times and never leave anything out on the benches or the floor. Avoid bringing valuables and money to the locker rooms. Locker rooms will be locked at 5 minutes after the bell and remain locked until your teacher dismisses you to dress. Restroom visits should be made to a location other than the locker rooms. Students NOT DRESSED OUT must stay outside of their teacher's office until the end of period bell rings for dismissal.

PARENT/DOCTOR NOTES:

A parent excused note is good for two days and is necessary to receive credit if an injury or illness prevents a student from participating. Beyond two days a Doctor's note is required explaining the injury and the time/date the student will be allowed to return to activity. Participation in class may be modified for the injured/sick student. If you are an athlete and able to participate with your team, you are able to participate in P.E. Class.

CELL PHONES MAY ONLY BE USED FOR FITNESS WALKS. YOUR GRADE WILL BE RECORDED AS A **0** FOR PARTICIPATION AND A **0** FOR ANY POTENTIAL ASSESSMENT if you bring a cell phone to class.