

ALAMEDA HIGH PHYSICAL EDUCATION SYLLABUS

INSTRUCTORS:

Dept. Head - Mr. Pearse (337-7012 - jpearse@alameda.k12.ca.us),
Ms. Austin/Khan (337-7143 – kaustin@alameda.k12.ca.us), PE & Current Life
Ms. Craig (337-5505 - scraig@alameda.k12.ca.us), Dance 1 & 2 (Dance Studio)
Mr. Friedrich (337-7014 – rfriedrich@alameda.k12.ca.us),
Mr. Quinonez (337-5517 - dquinonez@alameda.k12.ca.us), Judo (Dojo)
Mr. Thomas (337-7011 – bthomas@alameda.k12.ca.us), Athletic Director
Athletic Director's Office (337-7011)

COURSE DESCRIPTION:

Students will participate in a variety of individual and team activities. This curriculum will provide students with the opportunity to practice and develop the skills necessary to maintain a healthy lifestyle. Some of the units during the semester may include but are not limited to: badminton, basketball, flag football, soccer, softball, Taebo, team handball, tennis, and ultimate frisbee. Cardio-vascular activities will be part of each day's class grade.

MATERIALS REQUIRED:

1. Proper physical education attire will consist of AHS black and gold reversible and AHS sweats and/or black shorts. Students may purchase physical education clothes (reversible shirts, sweat, shorts) from Student Leadership in The Hive during lunch – see Mr. Nakamura.
2. Do NOT wear your gym clothes over your street clothes. This will be considered a double non-dress.
3. Socks and tennis shoes with laces are required and are considered part of the gym uniform.
4. Your gym clothes should be taken home at the end of the week to be washed.
5. If you are unable to dress for a reason beyond your control, **please bring a note before hand**, from home explaining the circumstances; a parent signature is required. Present the note to your teacher during roll call. You will need to make up all missed time.
6. **Cell phones, iPods, or other electronic devices are NOT allowed in physical education whether you are dressed or not dressed, and WILL be confiscated and sent to the Dean. AHS staff will not be responsible for loss of said items.**

PHYSICAL EDUCATION POLICIES AND PROCEDURES

1. Absences due to participation in school activities or religious holidays will not be assessed any point (or credit) deductions, but all academic/core curriculum must be made up.
2. Locker Room Conduct:
 - The locker room doors will be locked when the late bell rings and no one will be permitted to enter afterwards.
 - To prevent thefts, horseplay and vandalism, the locker rooms will be supervised. *Students not following proper locker room conduct may lose locker room privileges.*
 - Use the **long** lockers only during **your** period.
 - At the end of class, you must store your P.E. clothes in your assigned **small** locker. Do not share your locker with anyone.
 - If you lose your lock see your teacher. You will have to pay for a replacement.
 - Teachers will not hold your valuables. Do not put personal locks on your locker - they will be removed.
3. At the end of class, students are required to report for 2nd roll at their numbers. Students absent at the time of roll will be considered to be tardy. Being habitually late to 2nd roll call will result in loss of locker room privileges.
4. Lock combinations, missing locks and/or new locks must be obtained BEFORE the tardy bell rings.

5. You must pass two years of Physical Education to fulfill your AHS graduation requirements (student-athletes wishing to waive 2nd year , see counselor)

GRADING POLICY

Grades in Physical Education 9 (PE9) are comprised of 70% participation and 30% written work. Grades in Physical Education 2 (PE2) & Elective Physical Education will be comprised primarily on participation and authentic academic assignments. Students earn daily points in class by:

Dressing and participating in class: Monday/Friday=10 pts. Block Day=15 pts.

Students with **excused** non-suits or **excused** absences will be given the opportunity to make up their missed hours and missed points during zero period (Fridays) and/or during Smart Periods. Make-ups must be completed within 2 weeks. Students subject to extended, excused non-dresses/absences will receive accommodations for recovery of missed hours.

Attendance, dressing and participation with vigor are critical to a student's success in Physical Education. The Physical Education staff will make every effort to see that each student has the opportunity to be successful.

Students with modified physical activity curriculum (per doctor's note) must still participate with vigor.

30 hours of missed class per semester will result in retaking the course even if excused by a doctor.

CLASS RULES

1. Participate with vigor.
2. Follow directions and be prepared for class.
3. Respect all people and equipment in class.
4. No electronic devices (cell phones, iPods, games, etc.) in class.
5. Please do not bring food into class, gyms, pool or locker rooms.
6. Please do not bring valuables to your physical education class.

NONDRESS POLICY - PER QUARTER

1. Every non-dress will result in a loss of points unless the following occurs: student is able to borrow PE clothes from PE office **2x/quarter** (must borrow before tardy bell) & student will be given the opportunity to participate in their street clothes **2x/quarter** as long as they are wearing appropriate clothing and shoes.
2. 4th non-dress – loss of points (see exception above) & phone call home.
3. 5th, 6th, etc., non-dresses – loss of points, referral to Dean for non-participation. **NOTE:** Failure to abide by the above mentioned policy could result in removal from Physical Education (to be made up in a subsequent year).
4. Non-dress students will be required to either walk during the class or do a written physical education assignment as assigned by the teacher. Failure to do so will result in a referral.
5. All non-dressed students will lock backpacks and/or electronic devices in their turn P.E. lockers or leave them in teacher's office.

I have read and understand the class procedures outlined above:

Student Name _____ Student Signature _____

Parent/Guardian Name _____ Parent/Guardian Signature _____