

Bridgepoint High School Class Syllabus

Course name: Physical Education

Instructor name: Martin Wall

Instructor email: mwall@newarkunified.org

Phone number: 510-818-3712

Course Description: Students will learn the benefits of a healthy lifestyle. We will be exercising daily. Our focus will be on cardio, weight training, and core. We will also learn about nutrition, rest, and mental health.

Earning Credits in Class:

You will earn credits in this class based on your effort, participation and level of production in class. To earn a **PRODUCTIVE DAY**, you must be **on-task, respectful**, must **arrive no more than ten minutes late**, must **stay in class unless given permission to leave**, and must **allow others to work without disruption. If you come to class and earn 2 points or less you will keep those points towards your grade but it counts as a non productive day.**

40+ productive days = 2.5 credits

32-39 productive days = 2.0 credits

24-31 productive days = 1.5 credits

16-23 productive days = 1.0 credits

8-15 productive days = .5 credits

Extra credit: Students working in concert with their instructor can determine which form of extra credit best accommodates their learning modality. Credits and due dates will be determined on a student by student basis.

In order to qualify for extra credit, a student must satisfy one of the following two conditions:

- 1) He/she is passing the class, has earned the maximum number of credits allowable due to productive days accumulated and wants to further his/her academic progress. **OR**
- 2) He/she is no longer enrolled in a class, but needs to do extra work in order to earn between .5 and 1.5 credits to satisfy that particular graduation requirement.

Bonus Point: Every class session in which a student has: arrived on time, took care of business, followed school rules, and did not leave the classroom will earn a bonus point for that day.

Make-up work: Students can makeup all classwork and quizzes missed due to an excused absence. Students have one week(7 days) to complete and turn in makeup work or take the class quiz.

Assignments: There is no homework. Everyday there are in class assignments.

Grading: The in class assignments and quizzes total 180 points.

160-180 pts earned = A

140-159 pts earned = B

120-139 pts earned = C

100-119 pts earned = D

Below 100 pts = student earned no grade

Grade can be checked daily on Synergy.

Bridgepoint assignments/projects will be scored using the following rubric:

1 - In Progress (Incomplete) 2 - Approaching Standards (Emerging) 3 - Meeting Standards (Proficient) 4 - Exceeding Standards (Exemplary)

Keys to success: Students will arrive to class on time and prepared. Students will take care of their business, participate in exercises. and ask the instructor for assistance when it is needed.