

Santa Clara High School

Physical Education Course Syllabus for 2021-2022

TEACHERS

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COURSE REQUIREMENTS

UNIFORM: Students are to be dressed in PE attire every day. Athletic shoes with rubber soles are to be worn in class. School or street clothes (worn either under or over PE attire) is not acceptable attire for PE class. Students without proper attire are subject to participation restrictions. Changing clothes before and after physical activity is required for safety and demonstrates good personal hygiene. Any colored SC school sponsored T-shirt OR plain gray, white, royal or yellow, appropriate gym shoes, and appropriate athletic shorts or sweatpants may be worn. For your convenience, the uniform will be available from the student body store. All students must maintain a clean uniform, which may not be altered in any way.

COURSE TITLE AND DESCRIPTION

Physical Education courses will incorporate the development of the 4 basic components of physical fitness; Strength, Flexibility, Agility, and Cardiovascular Endurance. In addition, Communication and Critical Thinking skills as well as Social and Personal Responsibility will be emphasized through positive sportsmanship and team building activities.

- **9th Grade Core Class:** The following topics will be covered: mechanics of body movement, aquatics, fitness, individual and dual sports, rhythmic/dance, team sports, and fitness testing. All ninth grade fitnessgram results are reported to the state yearly.
- **10th - 12th Grade Elective Activity PE Class:** Students have an opportunity to select from a variety of team and individual activities, weight training, dance and aquatics.

All Elective Activity Classes are coed and include the following components:

1. Regular physical conditioning with emphasis on the development of cardiovascular endurance and muscle tone.
 2. Injury prevention and safety considerations specific to the activity.
 3. Skill development and instruction in rules, strategies, etiquette as needed for successful participation in the class or as indicated by the carry-over potential of the activity.
 4. Proper use and care of equipment and facilities.
 5. Organized competitive-cooperative experience as appropriate to the activity.
- **11th - 12th Grade Health Class:** Students will gain knowledge and understanding of the social, physical, emotional and intellectual aspects of the human body. Topics may include mental and emotional health, family and social health, growth and development, nutrition, personal health and physical activity, alcohol, tobacco and other drugs and finally communicable and chronic diseases. Enacted January 1, 2016, this law integrates the instruction of comprehensive sexual health education and HIV prevention education. The bill renamed the *California Comprehensive Sexual Health and HIV/AIDS Prevention Education Act* to the *California Healthy Youth Act*.
 - **Sports Physical Education Class** is scheduled 7th period for interscholastic sports team athletes, offering gifted students higher levels of conditioning and competition.

EXPECTED SCHOOL-WIDE LEARNING GOALS (ESLR's)

All assignments will be created with the attainment of the ESLRs and the State Standards for PE students as a goal.

- Students will be Effective Communicators
- Students will be Contributing Citizens
- Students will be Self-Directed Learners
- Students will be Collaborative Workers

- Students will be Informed, Productive Thinkers
- Students will be Information Processors

POLICIES

GRADING POLICY

GRADING SCALE A: 90-100% B: 80-89.9% C: 70-79.9% D: 60-69.9% F: <59.9%

The Santa Clara High Physical Education department uses a positive grading system. . **The Final Quarter Grade** (2.5 units) will be based on the following categories:

A. Participation, sportsmanship, attitude and behavior:

B. Bruin Run/Physical Fitness

C. Skill, knowledge, development

D. 10/20 point system = 50 points a week

3 points = proper attire

7 points = participation

10 points = run grade (Bruin Run)

E. Final

No more than 20% overall grade

1. Block Days will be worth 20 points = 3 proper attire, 7 participation, 10 Department Wide Run/Fitness
2. Non-suit = loss of 10 points or 20 points on block days.
3. Non-Participation = loss of up to 7/17 points.
4. Any dress infraction = loss of 3 points.
5. Conduct and discipline problem = loss of up to 10/20 points.
6. Cutting class or leaving the assigned area before excused by the instructor = a loss of 10/20 points.
7. Tardy = **will negatively impact grade**
8. Students have the opportunity to make up **EXCUSED** absences and tardies through an alternative activity assigned by their teacher.
9. Dressing with gym clothes over street clothes = a loss of 10/20 points.

POSITIVE GRADING SYSTEM

All students start the grading period with 0 points. Students have the opportunity to earn up to 10 points a day depending on their dress and level of participation. Additional points are earned from skills tests and written tests. If a student is not present in class, these points cannot be earned. The important factor to understand is that if a student is absent he or she must make up the missed class to earn their points for the day. ALL EXCUSED ABSENCES MUST BE MADE UP or the grade will be affected negatively. UNEXCUSED ABSENCES AND NON-SUITS ARE NOT ALLOWED TO BE MADE UP.

NON-SUIT POLICY

Students dressed in improper attire for the activity will not be allowed to participate. Improper attire includes, but is not limited to: jeans, slacks, unsafe shoes (Boots, Slippers, Sandals, etc.)

Unexcused Tardy Non-suit

8 non suits = automatic F

ATHLETIC CONTEST PARTICIPATION POLICY

- a. Athletes, who have a contest on a day of regularly scheduled PE, **MUST** complete the minimal participation requirements in order for that period not to be made up and daily points earned.
- b. The athlete **MAY** elect to do more than the minimal participation requirements, however this is strictly voluntary.
- c. If a student elects **NOT** to complete the minimal participation requirement, the student shall receive non-participation for that period. Non-participation may not be made up.
- d. The Minimal Participation Requirement is to suit up completely, and walk in the designated area during the activity.

PHYSICAL EDUCATION MODIFICATION FORM

If a student experiences an injury that temporarily limits his/her physical ability, s/he may continue to earn PE credit through modified activity. Please have the doctor indicate what specific activities your child can do or have the doctor complete and sign [this form](#). The PE Modification form is also available on the Physical Education page of the SCHS Schoolloop website.

- Student submits PE Modification Form or Doctor's Note to Health Office
 - If doctor's note does not specify in detail modified activity, Health Office provides parent with Modification form to be filled out by doctor
 - If doctor's note does state specific modified activities, staple note to form
- Parent notes may be submitted for Physical Education excusal for up to 72 hours
- Nurse delivers copy of form/note to PE teacher.

MAKE UP POLICY

Excused absences can be made up.

The following are options:

- 8 laps = 1 day
- 2 pg. paper (typed, double-spaced) = 1 day
- Attendance at school sporting event with a 1 page minimum reflection = 3 days
- Attendance at an activity specific event outside of school with 1 page minimum reflection = 3 days
- Teacher approved sport/fitness specific topic.
- Lap make up (**Bruin Runs, must be made up as laps**)
- Teacher may lower point total for low-level performance on make-up work. **Santa Clara High School Plagiarism policy in effect, please refer to student handbook for more information.**

Non-Suits can not be made up. The student will receive a 0 for the day.

CLASSROOM EXPECTATION

- Be on time, dress appropriately, and participate in all class activities.
- Listen to and follow instructions.

- Respect teachers, fellow students, and school property (lockers and equipment)
- Adhere to class safety.
- All accidents and/or injuries should be reported to the teacher regardless of how minor the injury
- Be responsible for all medical excuses, notes, and admission forms.
- Remain with class or in designated area until dismissed.
- Students will not engage in any behavior of disruption that will hinder a mutual teaching and learning process between teacher and students.

If the expectations above are not met by the student the following steps will be followed, unless the behavior is unsafe and then the Vice Principal will be notified first:

1. Verbal warning
2. Parent Phone Call
3. Referral to the Vice Principal

Please fill out the [Parent/Student Signature Form on the Physical Education Page on the SCHS Schoolloop Page](#).

If you are unable to fill out the form on the website, please fill out this form and return to the teacher.

Please complete the signature portion below and return it to your teacher. Please keep the top portion for your records.
Signatures mean that you acknowledge the rules for Santa Clara High School Physical Education.

Student Name (Print)

Student Signature

Home/Cell Telephone Number

Parent/Guardian Name (Print)

Parent/Guardian Signature

Work/Cell Telephone Number

