



Team Sports

Nathan Knudsen

Email: Knudsen@west-fargo.k12.nd.us

Office: 120B

Office Hours by appointment



Course Objectives

- **Physical Education OBJECTIVES**
 - **Students will** demonstrate knowledge and understanding in a variety of motor skills and movement patterns.
 - **Students will** apply knowledge of concepts, principles, strategies and tactics related to movement and sport.
 - **Students will** demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 - **Students will** exhibit responsible personal and social behavior that respects self and others.
 - **Students will** recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- **Students will be assigned lockers and given a lock on the first day of class to store their clothes/shoes. If a student should lose the lock they are given, they will be charged \$8 for the lost lock.**

Grading

- **Students will earn a daily grade of 20 pts based on the following criteria:**
 - **Participation**
 - Students will participate to the best of his/her/their ability in class.
Unwillingness to participate or participating in an unsafe manner will result in a loss of some or all their daily points.
 - **Proper dress**
 - Loose fitting clothes such as shorts, sweatpants, t-shirts (**NO jeans**)
 - Athletic shoes (**NO boots, crocs, sandals, or flat-bottomed shoes: example-vans or converse**)
 - Clothes for when we will go outside example sweatshirts, jackets, sweatpants
 - *If students do not have access to these things, they can be provided for them.*
 - **Lack of proper dress will result in a loss of daily points**

- First offense will result in a warning
- Second offense will in a warning
- 3rd offense and beyond will result in a loss of 10 points
- **Respect**
 - Students are to be respectful of their peers and their teacher.
 - Disrespectful behavior will not be tolerated and will result in a loss of daily points

Attendance

- Students must be present in class to receive their daily points
- Students who receive an *un-excused* absence will not be able to make up that absence
- Students who miss class due to an extracurricular activity must make up that absence by the end of the next unit.
- Students who miss class due to illness or a medical reason must make up that absence by the end of the next unit.
- Students who cannot participate due to medical injury or illness **must have a doctor's note** and make up those absences.
- If absences are not made up within that time frame, they will be graded as a zero and will not be given credit for anything turned in after the allotted time frame.

Make up work

- There will be several options for make-up work
 - Students can record themselves completing a 60-minute time-lapse video and submit it to schoology.
 - Time-lapse workouts include but are not limited to:
 - Walking, jogging, running
 - Body weight strength training, lifting weights
 - Yoga, Pilates
 - Sport Activities: Playing basketball, shooting pucks, tennis, etc.
 - Lifetime activities: rollerblading, golf, jumping on a trampoline.
 - Students can also utilize "3 WIN" sessions to complete make-up work
 - Students can also utilize after school weightlifting and cardio room.
 - **Athletic Practices do not count as make-up work. The workout must be completed outside of organized sports.**
 - Athletics will not count as PE make-ups because we are teaching to the National PE standards which are different than the goals of athletics. The emphasis of high school physical education is to expose students to lifelong physical activity and therefore we diversify the kinds of activities we teach on a weekly basis. We also want to expose them to social emotional diversity, teamwork, and collaboration with diverse people.

West Fargo High School Food and Drink Policy

- No food in hallways
 - This includes Period 1 and Period 2 breakfasts
 - This includes all lunches (purchased from school, brought from home, fast food, take-out, etc.)
- Food in classrooms must be provided by teacher(s)
- All drinks must be in a container with non-spill lid
 - Food or drinks NOT in a non-spill lid will be directed to be thrown away

West Fargo High School Cell Phone Policy

- Students shall not use any electronic device that in any way disrupts or detracts from the educational environment. Electronic devices are inclusive of cell phones, smart watches, earbuds, and school-issued devices.
- Cell phones must be out-of-sight and out-of-use from the first bell to the last bell of all classes, including during study halls and within flexed learning spaces that are an extension of a classroom.
- Cell phones may be used appropriately and respectfully in common spaces during non-instructional times, including passing time, the student lunch period, and before and after school.
- It is the student's responsibility to secure their electronic devices to show care for their technology devices and personal information. The school is not responsible for lost or stolen items or individual service plan charges related to use of electronic devices.
- Students are expected to respect the network and adhere to the Acceptable Use Policy (AUP) when using school-issued and personal electronic devices. Students will be expected to access the district's Wi-Fi network via their iPad during designated school activities unless connections are unavailable. Wi-Fi is not available for students' personal electronic devices.
- Photographing or recording of another person should be used for educational purposes as defined by the teacher. Any use of an electronic device for other than educational purposes will result in a consequence. Messages and photos on an electronic device are subject to viewing by administration given reasonable suspicion of a crime or school infraction.
- The USE of cellular phones or other personal electronic devices is strictly prohibited in locker rooms and restrooms.

PACKER PROCESS – PE



P

PREPARE FOR LEARNING

- BE ON TIME – KNOW YOUR SPACE
- WEAR ATHLETIC CLOTHING
- WEAR TENNIS SHOES (NO CROCS, BOOTS, SANDLES, DUDES)

A

ASK FOR HELP

- HAVE A FACE TO FACE CONVERSATION WITH INSTRUCTOR
- EMAIL INSTRUCTOR
- CHECK SCHOOLGY
- SET A MEETING OR ATTEND A WIN SESSION

C

COLLABORATE WITH OTHERS

PE IS A PARTICIPATORY CLASS.

- RESPECT PERSONAL EQUIPMENT AND SPACES,
- BE TEAM PLAYER

K

KEEP TRACK OF ASSIGNMENTS & DEADLINES

- REFERENCE DAILY SCHEDULE (WHITE BOARD)
- CHECK SCHOOLGY
- CHECK POWERSCHOOL FOR MISSING WORK

E

ENTER AND EXIT THE CLASSROOM APPROPRIATELY

- CHANGE INTO ATHLETIC CLOTHING DAILY
- BE IN THE ASSIGNED SPACE 4 MINUTES AFTER THE FIRST BELL
- TEACHER WILL DISMISS WITH 5-10 MINUTES LEFT OF CLASS DEPENDING ON THE RIGOR OF THE ACTIVITY.
- ALL STUDENTS WILL STAY IN THE PE HALLWAY UNDER THE SUPERVISION OF THE TEACHER UNTIL THE BELL RINGS.

R

RESPECT SCHOOL AND CLASSROOM RULES

- BE COMPASSIONATE TOWARDS OTHERS.
- USE APPROPRIATE LANGUAGE. WORDS MATTER.
- KEEP ALL TECHNOLOGY, INCLUDING IPADS, PHONES, EARBUDS OUT OF SIGHT UNLESS OTHERWISE INSTRUCTED.
- IPADS AND EARBUDS ARE A PRIVILEGE ALLOWED IN THE CARDIO ROOM UNLESS OTHERWISE DETERMINED BY THE INSTRUCTOR

S

SUBMIT WORK

- MISSING WORK IS DUE AT THE END OF THE NEXT UNIT VIA SCHOOLGY
- MAKE UP WORK OPTIONS INCLUDE
 - ATTENDING 3 WIN SESSIONS FOR 1 MISSED BLOCK,
 - 1 HOUR OF PHYSICAL ACTIVITY IN THE SCHOOL CARDIO/WEIGHT ROOM – MUST BE SIGNED BY STRENGTH COACH,
 - 60 MINUTES OF PHYSICAL ACTIVITY TIME LAPSE RECORDING
- ACTIVITIES INCLUSIVE OF ATHLETIC PRACTICES AND GAMES WILL NOT BE COUNTED TOWARDS MAKE UP WORK.