



Individual and Dual Sports Syllabus

Chelsea Hendricks

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

Office: 127B

Office hours: By appointment



Course Description: This course explores the fundamentals of individual and dual sports, focusing on skills, techniques, and strategies essential for participation and competition in these activities. Students will engage in various sports, such as tennis, badminton, skating, swimming, pickleball, archery, golf, etc., to develop proficiency and understanding of each sport's unique demands. Emphasis will be placed on personal development, tactical strategies, and the benefits of these sports for physical fitness and mental well-being. Students will also be exposed to weightlifting, cardiovascular endurance activities, yoga & stretching, and mindfulness practices.

Daily Points: students will be given a daily grade of 20 points based on the following criteria

Participation: students must always participate to the best of his/her/their ability in class.

Unwillingness to participate or participate in an unsafe manner will result in losing 1/2 or all daily points.

Proper dress:

- Loose-fitting clothes such as shorts, sweatpants, and t-shirts (NO Jeans)
- Athletic shoes (NO boots, crocs, sandals, high heels, bare feet, etc.)
- Clothes for when we go outside including sweatshirts, jackets, and sweatpants.
- If students cannot access these things, they can be provided for them.
- **Lack of proper dress will result in a loss of daily points.**
 - The first offense will result in a warning.
 - The second offense will result in a loss of 5 points.
 - The third offense and beyond will result in a loss of 10 points.

Students can have access to assigned lockers and be 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.

Respect: Respect is the cornerstone of our community. Students must always be respectful of their peers and their teachers. Disrespectful behavior will not be tolerated and will result in a loss of daily points. Let's create a space where everyone feels valued and respected.

Attendance:

- Students must be present in class to receive their daily points.
- Students who receive an *unexcused* absence will be unable to make up that absence.
- Students who miss class due to an extracurricular activity must make up for that absence by the end of the next unit.
- Students who miss class due to illness or a medical reason must make up for 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 for 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.**

Makeup 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
 - Bodyweight strength training, lifting weights
 - Yoga, Pilates
 - Lifetime activities: rollerblading, golf, jumping on a trampoline
- Students can also utilize “WIN” sessions to complete make-up work. To make up an excused absence, students must complete and have a teacher sign off on three “WIN” sessions.
- Students can also utilize after-school weightlifting and cardio room for 60 minutes.
- Missing work must be turned in by the end of the next unit. Units are two weeks in total.

******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-up because we are teaching to the National PE standards, which are different from athletics' goals. The emphasis of high school physical education is to expose students to lifelong physical activity; therefore, we diversify the kinds of activities we teach bi-weekly. 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 Block 1 breakfast.
- This includes all lunches (purchased from school, brought from home, fast food, take-out, etc.)
- Food in classrooms must be provided by the teacher(s)

- All drinks must be in a container with a 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.

If at any time you have questions or concerns, please notify me as soon as possible.

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.