



Olivia Kovacs
Desert Sky Middle School
Olivia.Kovacs@dvsud.org

PHYSICAL EDUCATION CLASS SYLLABUS

Course Scope:

Physical Education classes are designed to practice and develop skills in activities that will help students maintain fitness throughout their life. Students' fitness levels will be assessed in the following areas: cardiovascular endurance, flexibility, muscular strength and muscular endurance. From these assessments we will develop a baseline in which we will use to set personal fitness goals. We will explore fitness activities designed to improve all areas of fitness. Our goal is that by the end of the class students will improve their scores on their baseline fitness tests through regular cardiovascular endurance training, muscular endurance training, and activities designed to increase current levels of fitness. Students will be introduced to team sports and life-time activities designed to increase their likelihood of exercising in the future. Students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health.

Course Outline:

- Students will:

- **Assess personal fitness levels**
- **Set realistic personal fitness goals**
- **Identify fitness components and understand how those fitness components are essential to a balanced and well rounded fitness plan**
- **Develop individual and team sports skills associated with teamwork, problem solving and leadership**
- **Complete fitness testing throughout the class**

Possible Activities:

Fitness Testing, Volleyball, Handball, Touch Football, Pig Ball, Basketball, Floor Hockey, Yoga, Pickleball, HIIT Training, Ultimate Frisbee, Soccer, Kickball, Badminton, Lacrosse, Ultimate Ball, Spike Ball, and Wiffle Ball

Grading:

Attendance and participation are extremely important in this class. Ten points are earned each day for full participation, positive attitude/interactions, and skill development. Overall grading is based upon attendance, participation/effort, preparedness for class, as well as the demonstration of physical literacy by meeting the DVUSD and SHAPE America Standards. Students will earn their grade based on individual performance in the following categories:

**80% - Assessments (Participation)
20% - Coursework (Assignments)**

**A = 100-90%
B = 89-80%
C = 79-70%
D = 69-60%
F = 59% and below**

PE Makeups: Students will be required to complete a make-up form in order to earn up to 8 points missed due to an absence. Form and instructions will be provided to students in class and can be found in Canvas and on my Staff Website. Forms must be turned in before the end of quarter

Limited Participation: For extended non-participation (longer than three days) a doctor's note is required. Students who do not participate and fail to turn in a doctor's note will receive no credit for participation.

Requirements: Student participation is a must! This is an activity-based class therefore students should expect to be active during the class period. Students should be prepared to openly experience new activities. Remember to be safe, responsible, respectful, and to have fun!

Student Supplies:

Students are expected to have and maintain the following supplies all year:

- **NOT REQUIRED** to have a change of clothes daily
- Appropriate clothes include: shorts, t-shirt, sweats, sweatshirt, and tennis shoes
- **NO CROCS**
- Water Bottle
- PE/Health Tablet, Writing utensil, and Student Issued Chromebooks

Class Expectations:

- Be on time and prepared.
- Be prepared (Students are required to wear tennis shoes and clothing that is appropriate for exercise).
- Use all PE Equipment in a safe and responsible manner.
- Follow directions IMMEDIATELY.
- Follow the 'Electronic Devices' policy listed in the Student Handbook.
- Respect your teacher and classmates in words and actions.

Technology Policy:

Electronic devices will not be allowed in class outside of student issued chromebook. Students are encouraged to follow the 'Electronic Devices' policy outlined in the student handbook. It will be communicated with Students as to when they will need to have their chromebook with them for class. *Please note electronic devices include, but are not limited to, cell phones and air pods.*

Artificial Intelligence Guidance and Academic Integrity:

In the Deer Valley Unified School District, we are committed to providing our students with the best possible education while ensuring their safety, privacy, and well-being. As part of our ongoing efforts to enhance learning experiences, DVUSD has created guidelines for the use of artificial intelligence (AI) and expectations for academic integrity.

Physical Education Syllabus Agreement Form

I HAVE READ & UNDERSTAND THE POLICIES & EXPECTATIONS FOR PHYSICAL EDUCATION.

Student Name

Student Signature

Parent/Guardian Name

Parent/Guardian Signature