

Physical Education Syllabus



Instructor Information:

Instructor: Leah Swedberg
School Phone: 701-356-2050
E-mail: lswedberg@west-fargo.k12.nd.us
Website: www.schoology.com
Office Hours: A- Block 1
 B – Block 4
Office: 115B

I. West Fargo Public Schools Vision and Mission:

West Fargo Public Schools prepares all learners with the knowledge and skills to be contributing citizens in a rapidly changing world. We are dedicated to continuous improvement, engaging every student to become problem solvers and lifelong learners. Excellence is achieved through practices based in research, and by aligning all resources to support learning.

EDUCATING ALL LEARNERS FOR TOMORROW'S WORLD.

Health education plays a crucial role in the overall development and well-being of students. It is designed to help students acquire the knowledge, skills, and attitudes necessary for a healthy and active lifestyle. The purpose of physical education encompasses several key aspects, including promoting physical fitness, developing motor skills, fostering social interaction, and enhancing cognitive abilities.

II. Course Overview:

This course was designed to help students build the knowledge and skills to lead a healthy active lifestyle. This course was designed to meet the 2024 North Dakota Physical Education Standards and is required for graduation in the state of North Dakota.

III. Daily Student Materials:

- Athletic clothing
- Athletic shoes
- iPad
- Student agenda issued by West Fargo High School

IV. Schoology Information:

Students will occasionally need to access weekly lessons, assignments, links, etc. from the Physical Education Schoology course. It is important you know how to navigate Schoology and check regularly for updates, deadlines, etc. both for PE and other course.



VII. Behavior Expectations:

- Be **compassionate**. Treat yourself, your classmates, the teachers, and the school with respect and consideration.
- Show **responsibility**. Come to class on time, homework completed (when necessary), and ready with all materials.
- Practice **collaboration**. We are a classroom community. Many activities will require us to talk to one another or volunteer to share ideas with the entire class. Be kind and helpful to each other.
- Demonstrate **resilience**. Your passing grade in physical education contributes to your requirements for graduation in the state of North Dakota. Stay focused, recover from absences, and strive to get and do better with the skills you learn through this course.

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VIII. Important Procedures:

- **Participation:**

students must always 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. Participation is measured through observation, student assessments and heart rate monitors.

- **Proper dress:**

Athletic clothes such as shorts, sweatpants, t-shirts (NO jeans,) Athletic shoes (NO boots, crocs, sandals, or Hey Dudes, etc) 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 and second offense will result in a warning
- 3rd offense and beyond will result in a loss of 10 points each day.
- Loss of points for inappropriate dress cannot be made up.

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 \$10 for the lost lock.

- **Respect:** Students must be always 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 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:

1. Students can record themselves completing a 60-minute time-lapse video and submit it to the Make-up folder on Schoology. Time-lapse workouts include but are not limited to:
 - Walking, jogging, running
 - Body weight strength training, lifting weights
 - Yoga, Pilates
 - Sport Activities: Pick up game of basketball, shooting pucks, tennis, etc.
 - Lifetime activities: rollerblading, golf, jumping on a trampoline
2. Students can also utilize "Win" sessions to complete make-up work. Must have 3 win sessions to make up 1 missed day of Physical Education.
3. Students can also utilize after school weightlifting and cardio room. Weight room or cardio room sheets must be signed by the after school Strength Coach.

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 expose students to social emotional diversity, teamwork, and collaboration with diverse people.

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- **West Fargo High School Food and Drink Policy**

No food in hallways. 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**

Phone must be in backpack from 8:25-3:35. 5 strikes (see policy).

- *First Offense:* The device is brought to the Main Office, picked up by the student at the end of the student's day
- *Second Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day
- *Third Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, behavior plan assigned to the student
- *Fourth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, 1 day ISS
- *Fifth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, 1 day OSS
- *Sixth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience not to be returned to the student until the end of the student's day, transition to Virtual Program for the at least the remainder of the semester

- **Plagiarism:** Plagiarism is unethical. Show the respect you would want for your hard work and do not claim something that is not yours, including utilizing Artificial Intelligence! Cutting and pasting sentences off the Internet into a word document or copying sentences directly from the Internet will not be permitted. Paraphrase what you have found by putting it in your own words. You may use direct quotes if you cite your source. Graded assignments that are plagiarized will receive a 0.
- **Technology Use:** iPads are the property of West Fargo Public Schools and must be taken care of and used appropriately (see the Acceptable Use policy for more information). This is a reminder that abusing iPad privileges, like watching YouTube instead of completing assigned work, could result in the loss of the iPad.
- **Tardiness:** A tardy is any situation in which you arrive to class late or unprepared. 5 unexcused tardies will result in a UV, which receive detention.
- **Inappropriate Language:** The words we use are powerful. We must choose them wisely and make sure they are not used to put one another down or degrade the classroom environment. School is professional space and your language in our classroom should reflect this.
- **Start of Class:** Enter class quickly and quietly. Pick up any materials by the door and then go directly to the designated space for the day.
- **Food and Drink:** All drinks must have a spill-proof lid. Do not make a mess! Do not let your drink distract you from class or this privilege will be revoked. The only food allowed is teacher-provided.
- **End of Class:** The bell doesn't dismiss class, I do. You will be given permission to pack up your belongings and materials and change. Stand in the PE hallway until you are dismissed.
- **Leaving the Room.** If you need to leave the room for ANY reason, ask first AND THEN submit an eHall Pass to be approved. Only one person will be allowed out of the room at a time. Bathroom and water fountain use is limited to independent and group work time. As we are only together for 20 minutes, approval to leave the room will be very rare.

IX. Extra Help:

- If you find you need extra support for Physical Education please contact me and we will figure out a time to work together. I will help you to the best of my ability. I AM WILLING TO HELP! THAT'S WHAT I'M HERE FOR! Homework Room will be offered after school on Mondays and Thursdays from 3:40 to 4:30 in room 106E. Attend WIN sessions offered for PE.

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XI. Grading Scale:

This course is graded using the A-F scale.

A - 90-100%

B - 80-89%

C - 70-79%

D - 60-69%

F - 59% and below

This is your class: your opportunity to learn, ask questions, and challenge yourself. We encourage you to make the best of it and set yourself up for high school success.

PACKER PROCESS - PE

P	PREPARE FOR LEARNING <ul style="list-style-type: none">• BE ON TIME - KNOW YOUR SPACE• WEAR ATHLETIC CLOTHING• WEAR TENNIS SHOES (NO CROCS, BOOTS, SANDLES, DUDES, ETC)
A	ASK FOR HELP <ul style="list-style-type: none">• HAVE A FACE TO FACE CONVERSATION WITH INSTRUCTOR• EMAIL INSTRUCTOR• USE SCHOOLGY• SET A MEETING WITH YOUR INSTRUCTOR OR ATTEND A WIN SESSION
C	COLLABORATE WITH OTHERS <p>PE IS A PARTICIPATORY CLASS.</p> <ul style="list-style-type: none">• RESPECT PERSONAL EQUIPMENT AND SPACES.• BE TEAM PLAYER• USE CLASSMATES AS RESOURCES
K	KEEP TRACK OF ASSIGNMENTS & DEADLINES <ul style="list-style-type: none">• REFERENCE DAILY SCHEDULE (WHITE BOARD)• USE SCHOOLGY• USE POWERSCHOOL FOR MISSING WORK
E	ENTER AND EXIT THE CLASSROOM APPROPRIATELY <ul style="list-style-type: none">• WEAR 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 WING UNDER THE SUPERVISION OF THE TEACHER UNTIL THE BELL RINGS.• USE ACTIVITIES HALLWAY. DO NOT CUT THROUGH PE SPACES.
R	RESPECT SCHOOL AND CLASSROOM RULES <ul style="list-style-type: none">• BE COMPASSIONATE TOWARDS OTHERS.• USE APPROPRIATE LANGUAGE. WORDS MATTER.• KEEP ALL TECHNOLOGY, INCLUDING IPADS AND EARBUDS OUT OF SIGHT UNLESS OTHERWISE INSTRUCTED.
S	SUBMIT WORK <ul style="list-style-type: none">• MISSING WORK IS DUE AT THE END OF THE NEXT UNIT VIA SCHOOLGY• MAKE UP WORK OPTIONS INCLUDE<ul style="list-style-type: none">◦ ATTENDING 3 WIN SESSIONS FOR 1 MISSED BLOCK,◦ 60 MINUTES 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.

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