Competative Physical Education Syllabus

Mrs. Knudsen

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

Office: 120b

Course Description: This required/elective physical education course introduces students to the basic concepts of strength training, cardiovascular endurance, and lifelong activities. Students will also participate in fitness assessments.

Grading: *students will be earn a daily grade of 20pts based on the following criteria:*

1.Participation*: students will participate to the best of his/her/their ability in class. *Lack of participation or participating in an unsafe manner will result in a loss of some or all daily points. *

2.Proper dress*:*

- Loose fitting clothes such as shorts, sweatpants, t-shirts (NO jeans)
- Athletic shoes (NO boots, crocs, sandals, Hey Dude)
- 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 two offenses will result in a warning
    - 3rd offense and beyond will result in a loss of 10 points

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.

3.Respect*:* Students are expected to be respectful of themselves, their peers and their teacher. Disrespectful behavior will not be tolerated and will result in a loss of daily points

4. Attendance:

- Students must be present in class to receive their daily points
- Students will be given 4 minutes before class and 5-10 (to teacher discretion) minutes after class to change. If they are late to class beyond those 4 minutes, they will be marked with an unexcused tardy. If students leave class without being dismissed, they will also be marked unexcused tardy.
- A student will be considered absent after missing 20 minutes of the 90 minute class period
- 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 or illness 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 their absences.
- If absences are not made up within that time frame, they will be graded as zero and will not be given credit.

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 "WIN" sessions to complete make-up work. Each WIN session is 20 minutes, students will need to complete 3 WIN sessions for a total of 60 minutes to make up 1 absence.
- 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 all lunches purchased from school, brought from home, fast food, take-out, etc.)
- 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**

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 SCHOOLOGY
- 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 SCHOOLOGY
- CHECK POWERSCHOOL FOR MISSING WORK

E – ENTER AND EXIT THE CLASSROOM APPROPRIATELY

- CHANGE INTO ATHLETIC CLOTHING DAILY
- BE IN THE ASSIGNMED SPACE 4 MINUTES AFTER THE FIRST BELL
- TEACHER WILL DISMSS WITH 5-10 MINUTES LEFT OF CLASS DEPENDING ON THE RIGOR OF THE ACTIVITY.
- ALL STUDENTS WILL STAY IN THE PE HALLWAY UNDER THE SUPERVISON 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 PRIVILEDGE 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 SCHOOLOGY
- MAKE UP WORK OPTIONS INCLUDE
  - ATTENDING 3 WIN SESSIONS FOR 1 MISSED BLOCK,
  - 1 HOUR OF PHSYICAL ACTIVITY IN THE SCHOOL CARDIO/WEIGHT ROOM – MUST BE SIGNED BY STRENGTH COACH,
  - 60 MINUTES OF PHYSICAL ACTIVITY TIME LAPSE RECORDING
- ACTIVITIES INCLUSIVE OF ATHETIC PRACTICES AND GAMES WILL NOT BE COUNTED TOWARDS MAKE UP WORK.