Physical Education
Syllabus
2017-2018

Instructor Information:

Room: Gymnasium/ Pool

Teachers / Contact Info: Ms. Fitchwell
Email: Emily.fitchwell@bellevernonarea.net
Phone: 724-808-2500 ext. 2161

Website: http://www.bellevernonarea.net/bvahs
Click “teachers” link, and select assigned teacher to access PE assignments and updates on course information. Students are responsible for seeking class information online throughout the course of the school year.

National Standards for Physical Education:

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Instructor Philosophy:

The ultimate goal of Physical Education is to facilitate students in improving their quality of life through promotion of life long health enhancing physical activity. Our goal is simple, to help motivate and encourage students to participate in physical activities for a lifetime. We want to improve every child's overall quality of life. To do this, we need students to approach physical education with an open mind and be willing to try different activities as a team, working together with their peers towards common goals.
Course Description:

The BVA High School Physical Education course will incorporate the development of the 4 basic components of physical fitness; Strength/Endurance Training, Flexibility, Cardiovascular Endurance and Agility. You will experience 4 core units throughout the course of the school year with a wide variety of lifetime physical activities encompassed within each unit. The main focus of each unit will be:
1. Individual, Team and Net Sports
2. Lifetime Games and Activities
3. Fitness
4. Aquatics
Actual rotations will vary by teacher.

Activities May Include:

<table>
<thead>
<tr>
<th>Individual/ Team/ Net Sports:</th>
<th>Basketball</th>
<th>Soccer</th>
<th>Volleyball</th>
<th>Flag Football</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hockey</td>
<td>Tennis</td>
<td>Softball</td>
<td>Handball</td>
<td>Golf</td>
</tr>
<tr>
<td>Tennis</td>
<td>Soccer</td>
<td>Tennis</td>
<td>Tchoukball</td>
<td>Speedball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lifetime Games and Activities:</th>
<th>Ultimate Frisbee</th>
<th>Capture the Flag</th>
<th>Team Building Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omnkin Ball</td>
<td>Kickball</td>
<td>Dodgeball</td>
<td>Archery</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fitness Units:</th>
<th>Physical Fitness Testing</th>
<th>Circuit Stations</th>
<th>Yoga</th>
<th>Weight Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Heart Rate Monitors (Target Heart Rate Zones)</td>
<td>FITT Principles</td>
<td>Body Weight Exercises</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aquatics Units:</th>
<th>12 Minute Swim Test</th>
<th>Swimming Stroke Instruction - Freestyle, Backstroke, Butterfly, Breaststroke, Sidestroke</th>
<th>Water Polo</th>
<th>Water Baseball</th>
<th>Relay Races</th>
<th>Water Aerobics</th>
<th>Water Basketball</th>
<th>Raft Activities/Competitions</th>
</tr>
</thead>
</table>

Grading:

All grades will follow the BVA grading scale and will be determined by total points earned/total points possible. Semester and final grades will reflect the cumulative total points from each 9 weeks.
A=100-90%  B=89-80%  C=79-70%  D=69-60%  F=59-0%

Grading Categories and their Weights
- Class work/Participation (Formal Assessments): Approximately 90% of total grade. Value = 4 points per day, recorded daily. Students daily points are determined by: following the daily grading scale and the level at which the unit/daily course objectives are met.
- Written Assessments & Activity Extension Assignments (Formal / Informal Assessments): Approximately 10% of total grade.

Class Rules and Expectations:

1. Sportsmanship/ Respect: Honor the commitment of others in your class by giving fully of yourself. Be respectful to the class, the teacher, and the equipment.
2. Effort/ Participation: Awesome participation, always on task, consistently pushes self, prepared for class activities.
3. Safety: Be safe. Create a level of safety so that other people can relax and feel comfortable.
4. Clothing: Student dresses in proper physical education attire which includes a plain white t-shirt with the student’s first name written on the front and last name on back. Students name must be
written onto shirt with a black or blue permanent marker to earn point for the day. Students must also wear athletic shorts or pants, and shoes.

**Grading Scale:** A total of 4 points can be earned each day.

<table>
<thead>
<tr>
<th></th>
<th>Advanced</th>
<th>Proficient</th>
<th>Below Expectations</th>
<th>Score:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sportsmanship/ Respect (1 pt.)</strong></td>
<td>Encourages others, Takes turns, shares, no put-downs</td>
<td>Takes turns, Takes care of self, Usually positive</td>
<td>Requires frequent interventions, demean others, selfish, often not positive</td>
<td></td>
</tr>
<tr>
<td><strong>Effort / Participation (1 pt.)</strong></td>
<td>Awesome participation, always on task, constantly pushes self</td>
<td>Steady participation, On task, usually pushes self</td>
<td>Not yet working, passive participation, rarely on task, seldom pushes self</td>
<td></td>
</tr>
<tr>
<td><strong>Safety/Rules (1 pt.)</strong></td>
<td>Followed all rules and safety guidelines</td>
<td>Followed most rules and safety guidelines, but broke 1 or more rules</td>
<td>Did not follow rules and safety guidelines on a consistent basis</td>
<td></td>
</tr>
<tr>
<td><strong>Clothing (1 pt.)</strong></td>
<td>Dressed in entire proper PE attire</td>
<td>Has proper shoes and athletic shorts and top</td>
<td>Does not have proper shoes and cannot participate in class activities</td>
<td></td>
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Belle Vernon Area School District has a zero tolerance policy for the harassment and intimidation of others.

Foul language will not be tolerated.

Students are not permitted in the locker room area during classes without teacher permission.

**Dress:**

- Any student who does not have proper shoes **cannot participate** in activities.
- Students will have 5 minutes to dress from the time that the late bell rings before being considered tardy. Multiple tardies will be assigned a detention according to school policy.
- **Dress Requirements:**
  - White t-shirt with first name on front, last on back
  - Finger-tip length shorts or pants
  - No cut offs, short shorts, tank tops, showing mid-drift
  - Sneakers must be laced and tied
  - No big jewelry (earings, chains, etc.)
  - One piece swim suit for ladies/ trunks that are secured at the waist for gentleman
  - Locks are strongly suggested during PE. **You must provide your own locks.**
- The school is not responsible for students’ personal belongings. All belongings including locks must be removed from student PE lockers daily.
Swimming:

Swimming units are conducted throughout the school year.
- If a student sits out of swimming due to a doctor’s note, there will be an alternative assignment in order to obtain credit. If an excuse is needed, students are encouraged to obtain it as soon as possible.
- There is no partial credit for the swim unit. If a student does not dress and sits out, a grade of 0 will be earned for that class.
- Ladies, if you do not own a 1 piece swim suit you must wear a dark colored t-shirt over your suit or you will be unable to swim and earn a 0 for the day.

Excuses MUST be turned in at least 1 WEEK prior to the swimming unit. In order to receive credit for the swim unit, students with excuses will complete:
- Alternative assignments to earn points towards each nine weeks grade

*Also, females that do not participate due to feminine issues will receive a zero, but will be given the opportunity to attend make-up classes.

Class Make-Ups:

- It is the student’s responsibility to check for missed assignments and schedule a make-up.
- Make up options include: 1) Participation in another PE class, 2) 30 minutes of strength, aquatic or aerobic training after school- Scheduled with teacher-typically 2 make-up classes will be held each 9 weeks, or 3) Trackable home workouts with Fitness Apps- further info can be accessed on school wires or ask teacher for details
- Students will not be permitted to make up class if they have not dressed for class or the class absence is unexcused.

Excuses:

- Students may only be excused from physical education with a medical excuse from a doctor. No parent notes will be accepted. The school nurse can excuse a student from class in an emergency sickness. Students must obtain a note prior to coming to class.
- There is a “Can Do” form (on school wires) for students to take to the doctors to be completed.
- This form must be completed so teachers know what students can and cannot participate in during class activities.
- We have attached a copy of the “Can Do” form and recommend that you keep it for your files in the event that your child obtains a medical excuse.
- Students who are excused from all types of physical activity will be required to complete a written assignment during class to earn their points for the day. Failure to turn assignments in on time will affect daily grade percentage.
- Extended Medical – may jeopardize credits needed for graduation and need to be handled through the student’s counselor and Physical Education Teacher. The course may need to be rescheduled at a later date to earn the necessary credits for graduation.
- Please sign and return the bottom of this form to your physical education teacher.
I have read and reviewed the Physical Education course syllabus with my son/daughter.

Parent or Guardian: ___________________________ Student: ___________________________

Phone Number: ___________________________ Email: ___________________________

Date: ___________ Period: ____ Teacher Name: **Ms. Fitchwell**

*SIGNED SYLLABUS WORTH 10 POINTS, LATE FORMS WILL BE WORTH HALF CREDIT, NO FORMS WILL BE ACCEPTED A WEEK AFTER THE DUE DATE.*