

# Worthington Kilbourne High School

Physical Education 9 (PE 9)

Ralph

King

Syllabus

Course #8920

**Textbooks: No textbooks; handouts as appropriate.**

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## **Course Description and Rationale:**

The district physical education program is dedicated to the belief that physical education is the process through which individual changes take place via movement instruction. The primary focus is the educational development of the total individual to higher levels of skill proficiency and the challenge of the mental, physical, emotional and social self.

The high school program emphasizes the development of sufficient skills and knowledge of recreational activities so as to increase the likelihood of an individual's participation and thus increase the likelihood of maintaining physical fitness. All students are encouraged to pursue physical activities that fit their personal needs and interests. Physical education has a value of one quarter credit per semester towards graduation and is included as part of the grade point average. Physical education is required for one semester during both the freshman and junior years.

Four basic objectives guide the instruction and activities in each unit. These objectives include the development of appropriate motor skills, the development of knowledge and appreciation for the activity, the social and emotional development of self and for others, and the development or maintenance of physical fitness.

## **Student expectations:**

In physical education class, students will be expected to:

- Be punctual for class and stay the entire period.
- Have appropriate clothing for the activity as described in the policies.
- Show proper respect for themselves, their classmates and teachers, the equipment, and the facility, both on and off campus.
- Help with the setting up, moving and taking down of equipment as directed by the teacher.
- Give superior effort in all appointed class tasks and activities.
- Take the responsibility for knowing their unit assignment prior to the start of the unit and for completing make-up work and quizzes when absent from class by the posted due dates.
- Demonstrate behavior that is cooperative, safe, and under control.
- Try new activities, learn new skills and gain knowledge.
- Have fun!

## **Instructor expectations:**

In physical education class, students can expect the instructors to:

- Provide a physically, emotionally, and socially safe environment for learning and risk taking.
- Start class at the appointed time.
- Optimize participation opportunities for student involvement.
- Confront student behaviors that are verbally, emotionally or physically inappropriate.
- Provide timely feedback on student performance.
- Share student work and behavior with parents as necessary.
- Challenge students to improve as skillful movers, thinkers, and civilized beings.
- Teach appropriate skills, rules, knowledge, and social interaction.

## Policies and Procedures

**Absences from class** - Students are to stop at the Student Services office as they enter the building after an absence from school to receive a yellow “admit slip.” You must bring that yellow admit slip with you on the first day back in class and give it to the unit teacher to sign at the beginning of the class period. Students returning without an admit slip will be sent to Student Services to obtain one, and if the student returns to class after the tardy bell rings will be charged with an unexcused tardy. If a student is absent because they were in student services or the guidance center a note must be presented from the appropriate office. Students wishing to be excused from class for a field trip in another class must have the permission form signed by the activity teacher two class days before the trip. Any deviation from these standards will result in the absence being counted as unexcused.

**Locker Rooms** - The lockers in the physical education locker rooms are to be used by the current class students on a one period basis only. **DO NOT LEAVE ANYTHING OF VALUE IN THE LOCKER ROOM UNLESS YOU HAVE SECURED IT BY LOCKING THE LOCKER.** The instructor will provide a method of storing small valuables for you, but will assume no responsibility for any item if it is lost. Students are not permitted to store clothing overnight in these lockers. Any locks found on the lockers for more than a period will be removed. The athletic department uses these locker rooms after school hours for teams from visiting schools and *anything left in the locker rooms after class hours may disappear*. Physical Education students are never to use or be in the Team Locker Rooms during class time.

**Getting to class on time** - Students are to be in the auxiliary gymnasium before the tardy bell rings. For bus trips, students are to be in the back lobby by the Aux. Gym before the tardy bell rings as we will load the bus and leave when that bell rings. Students arriving after that time are considered tardy. For activities in which gym clothes are required, students are expected to be properly dressed (see below) and *ready to start class no later than 6 minutes after the tardy bell rings* each period. The school policy regarding class tardiness (warning, detentions, Saturday Schools) will be applied. If a student is tardy because s/he was in Student Services or the Guidance Center or working with a teacher, a note must be presented from the appropriate person.

**Leaving class at the end of the period** - Students are to remain inside the auxiliary gym until the bell rings which ends the class period. Cut slips will be turned in to the office for students leaving class early. Stay out of the hall, gym lobby and main gymnasium. Do not go to your hall locker to put your clothes away until the bell rings. *Students are never to leave their other classes early to attend Physical Education class.*

**Grading** - Student grades for each unit are determined according to criteria set by the teacher. Daily participation, knowledge assessed through written tests and assignments, observed attempts to learn and apply proper skill techniques, and proper use and application of activity rules all contribute to the final unit grade. Each student may have the opportunity to have a guest instructor during the course of the semester. The instructor in charge of the activity will give you a grade for your work in that specific activity. The point totals earned by students for each unit are then combined and weighted (Participation Points = 80%, Tests = 20%) for the nine-week and semester grades. Percentages are calculated and applied to the chart below to determine grades.

Grading Scale:	94% - 100%	A	80% - 83%	B-	68% - 69%	D+
	90% - 93%	A-	78% - 79%	C+	64% - 67%	D
	88% - 89%	B+	74% - 77%	C	60% - 63%	D-
	84% - 87%	B	70% - 73%	C-	0% - 59%	F

**Unit grades** - The instructor for each unit will outline to the students how each unit grade will be determined. Unit grades will usually be a combination of participation grades, written tests and skill tests though other forms of assessment may be used. Grade points can be deducted from the participation grade when students do not meet the expectations outlined in the course syllabus.

**Quarterly and Semester Grades** - Students will receive their final quarter and semester grades from the teacher listed on their schedule. The Instructor(s) will total your grades from all activities in which you've participated and assign you a final grade for each quarter and for the semester.

**Participation Points** - Students begin each day with 20 participation points. All students are expected to participate daily in their assigned activities and will need authorization to be excused from active participation. *Students who are not in proper attire for the activity will be issued a “dress cut” and an alternative activity or assignment for the day (see below).* Any refusal to participate will result in significant point deductions. Students who participate for only part of the class period or with minimal effort, violate rules, or engage in dangerous play can expect to lose daily participation points.

**Excuses from participation in an activity** - A student is required to have an authorized excuse for not participating in an activity. All excuse notes must be signed, dated and should include the reason an excuse from participation is requested and the duration of the excuse. Acceptable excused absences include:

- excuse from a medical doctor.
- excuse from a school nurse or principal, in case of emergency.
- excuse from parent/guardian for a minor ailment. (Maximum of one class day – see below.)
- excuse from the WKHS Athletic Trainer.

The maximum amount of time a parental excuse can be used is one class day for any given ailment. Any ailment limiting participation for more than one class day will require a note from a doctor to be considered an excused absence. Doctors may fax the excuse to the school at 883-2575, Attention To: Mr. King. All excuse notes should be given to the instructor in charge of the activity from which you are being excused.

*Students will not be excused from physical education class if they still participate in their extra curricular activities, i.e. athletic team, ski club, marching band, etc.*

**Extensive excused non-participation** - Students with extensive excused non-participation days due to extended illness, cumulative absences, surgery or injury will be required to actively make-up the class work in a physical education class during a future semester. The State of Ohio requires a minimum of 63 hours of participation for the 1/4 credit to be given. Generally, students have to successfully participate in 72 fifty-minute periods to be eligible for credit. *Students below the criteria in actual participation will receive an incomplete for the final nine weeks and the semester until those days are completed at a future time.*

**Dressing for class** - The instructional staff feels strongly that appropriate attire is required for participation in physical education. Appropriate attire allows for freedom of movement for full participation and also provides a safe environment for both the participants and their classmates. It is each student's responsibility to have proper gym clothes each day for class.

Appropriate gym attire: A pullover type of t-shirt, gym shorts or pants with the legs cut off above the knees and hemmed, socks and tennis shoes. Sweat suits and warm ups may also be worn. Jackets and gloves may be worn on cold days when we are outside. ***Clothing should be designed for athletic participation - pajama bottoms/lounging pants, flannel pants, hospital scrubs, clothing with rivets, chains, exterior pockets, or items excessively large or flowing are not appropriate for this class.*** The teacher has the final decision as to the acceptability of clothing. Clothing for class should be different than what was worn to school for other classes with the exception of athletic shoes and socks.

Special notes on shoes - Shoes must be closed top, full back, fastened by laces or Velcro with a rigid or semi-rigid sole. Shoes with a hiking boot sole, raised heel, thick sole or clog style are not appropriate. The unit teacher will have the final say as to the appropriateness of footwear for class. Failure to wear proper footwear will result in loss of participation points.

All school rules regarding appropriate dress will be followed during class time regardless of the activity location, including off-campus sites. These rules include but are not limited to: no hats, shorts must have hems no higher than the fingertips of arms extended down your sides, and no decorations or phrases on clothing referring to inappropriate subjects. Students not adhering to the dress code will be given both a dress cut for the day and the consequences outlined in the student discipline code.

A student who is not in proper attire "dress cuts" that day and will lose 1 day's credit (20 points) for the participation grade. For the first two dress cuts per unit, a make-up assignment will be assigned worth 10 points. Dress cuts beyond two per unit will not have any make-up options.

Forgetting clothes occasionally does not carry a heavy penalty for a grade, but *a pattern of a lack of responsibility for gym clothes does have a major impact on a student's grade.* Participation when a student dress cuts is up to the discretion of the teacher. Even if a dress cut student is allowed to participate that day as their assigned alternate activity, the above penalties will be applied.

**Make-Up Work** - Students will be required to do some form of written or practical work as a make-up, for each day of EXCUSED non-participation of class regardless of the reason. This includes when a student is in class but cannot participate for a medical reason. The student is responsible for picking up the make-up sheet (usually on the bulletin board) and completing the work by the deadline. All make-up work will be graded on the appropriateness and completeness of the work submitted. Written make-up work is expected to be the sole work of the student turning the work in for credit. Copying from resource materials or other students' work is unacceptable.

A student will not be given make-up work for any UNEXCUSED non-participation day (truancy, refusing to participate, etc.) The student loses all participation points for the day's work.

The deadline to turn in and receive credit for make-up work and missed quizzes is one week after the last day of the unit. Students should check the bulletin board for specific unit deadlines.

**Field Trips** - The curriculum may be enriched by off campus trips for activity. Before leaving WKHS, students must have a written permission form completed and turned in for each day that they will travel to off-campus facilities. The bus will leave promptly when the bell to start class rings. Students missing the bus must report to student services for further instructions. Students may never drive to the activity area if they miss the bus. The WKHS Code of Conduct applies while on any school-related trip. Inappropriate behavior while off campus may result in students losing the privilege of participating in any future field trips as well as requiring consequences as laid out in the WKHS Parent/Student Handbook.

**Substitute Teachers** - Substitute teachers are to be treated with maximum respect. Any poor behavior reported by a substitute teacher will be dealt with immediately upon the return of the primary instructor and the consequences will be more severe than if the misbehavior had occurred while s/he was there.

**Academic Integrity Statement:** *In this class you will neither give nor receive unauthorized aid in class work, quizzes, examinations, preparation of reports or projects, or in any other work that I use to evaluate you without specific permission for collaboration or without proper citation.*

Worthington Kilbourne Code of Conduct Honor Statement: *"As a student of integrity at WKHS, I have neither given nor received unauthorized aid on this assignment."*

Student's signature \_\_\_\_\_

Parent's signature \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_