



2023-2024 RBHS **Physical Education Syllabus**



Class expectations

- **Locker room:** All courses will begin and end in the locker room area, regardless of dress practices and policies. The first and last 10 minutes students will report and remain in the locker room. This will ensure teacher supervision of all students at the start and end of each class. Team rooms are not allowed to be used for the locker room during physical education classes.
 - The camera feature on a phone, ipad, laptop or other device is prohibited for use in the locker room.
 - Students are encouraged to use the restroom and fill up their water bottles during this time.
 - Students are responsible for their own personal belongings and security of these items. This includes the lock checked out to them.
 - Locks & Locker Use: Locks are distributed to individual students to secure all personal belongings during the class period. If a lock is lost or stolen the student will incur a \$10 fee and can be provided a new one. Outside or personal locks are prohibited.
 - Any concerns, incidents or issues should be reported to the monitoring teacher in the locker room space as soon as possible.
- **Tardy:** Students more than 10 minutes late will be considered absent.
- **Electronics:** There are times that it is appropriate for students to use electronics in class. The student's teacher will direct when this is appropriate. However, for safety, phones, earbuds and other electronics are not to be used during teacher directions.
- **Hydration:** Students are encouraged to bring their own water bottle for class. Other food and drink items than water are prohibited in physical education space (weight rooms, track/outdoor, gyms or other fitness areas).
- **Dressing out:** In order to provide a safe experience, students are responsible for bringing their own clothing, materials and positive mindset to each day of physical education. Students are encouraged to bring extra clothing (according to the guidelines below) for hygiene purposes. Students are encouraged to take home clothes at the end of each week to launder. Students should be dressed or prepared for the weather as their course may be spending time outdoors.

Students in the following courses listed are expected to be prepared for class with guidelines below:
Lifetime Activities, Walking Fitness, Outdoor Education.

| Expectation | Prohibited |
|--|--|
| <ul style="list-style-type: none">● Tennis shoes/rubber soles with laces● Socks | <ul style="list-style-type: none">● Cowboy boots, Flip flops, Slides, Crocs, any heeled shoe or boot |

Students in the following courses listed are expected to be prepared for class with guidelines below:
Swimming (Beginner and Advanced), Team Sports 9 or 10-12, Strength and Conditioning 0 hour; A, B, and Advanced, Innovative Fitness & Yoga and Mindfulness.

| Expectation | Prohibited |
|---|---|
| <ul style="list-style-type: none"> • Tennis shoes/rubber soles with laces and proper heel and arch support • Socks • Athletic shorts, sweat pants, leggings allowing for hands-free, lower body movement • T-shirts (school dress code appropriate) long or short sleeves, covering midriff • (Pool) Swimsuit (one piece or long tops/tankinis), Trunks (speedo may be worn under trunks), Goggles, flip flops permitted on pool deck, swim caps optional, you may wear a t-shirt or shorts over your suit | <ul style="list-style-type: none"> • Winter coats, hoodies, gloves, scarves • Socks only, Cowboy boots, Flip flops, Slides, Crocs, wheeled shoes • T-shirts cut to waist/beaters/tank tops/fringing of t-shirts, cut out neck, button-down shirts/flannels • Shirtless/skins • Short spandex/volleyball-XC bottoms, cargo shorts, denim jean shorts/cut off jeans, jeans • Jewelry and/or gages • (Pool) Bikini, underwear, revealing/distracting swimwear |

Grading

100%: Proficiency in critical concepts

Students will be asked throughout the course to provide/demonstrate bodies of evidence which include skill, conduct and behavior components. These are based on the content of the course and national and state physical education standards which are provided below. The skill proficiency scales used to assess the students knowledge will vary based on the course and are available upon request from the instructor. Appropriate conduct and behavior is essential for mastering a content skill. The expectations for conduct and behavior will remain consistent throughout all physical education courses and are provided below. Conduct and behavior scales available upon request from the instructor.

Skill

National Physical Education Standards

- **Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.
- **Standard 4:** Exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, personal meaning and social interaction.

Missouri standards & grade level benchmarks can be found here:

<https://moshape.memberclicks.net/assets/resources/PE/missouri-k-12-physical-education-grade-level-expectations-final-2016-2.pdf>

Workplace Readiness

| Expectation | Prohibited |
|---|--|
| <ul style="list-style-type: none">• Language of inclusivity and kindness• Acceptance of varying fitness levels and movement practices• No judgment of any type• Encouraging, supportive language• Teamwork and collaboration between peers and adults• Respect of people, equipment and facilities | <ul style="list-style-type: none">• Offensive language• Criticisms or put downs• Intentional destruction or damage of equipment and/or property/facilities |

Attendance, Excuses & Make ups

- Due to the performance nature of the course it is important students attend class regularly. All students are expected and encouraged to participate to the best of their ability on any given day.
- When injury/illness occurs, the student should communicate directly with their teacher. Additional work to make up any missed learning and practice opportunities to demonstrate mastery will be required.
 - **Medical excuses:** A doctor's note is required to not participate due to a medical injury or illness. The doctor's note should include length of time excused, date to return and if applicable, modifications to be made during class. Additional documentation must be provided once the release has expired. Students will participate in the course with modifications if possible. A release from the doctor must be provided in either situation for a student to return fully to PE if no return date is provided. If a student has a medical excuse from a doctor that indicates no activity for longer than 2 weeks, the student may need to find an alternative course to take. If it is shorter than a 2 week period, they will go to an alternate supervised space during their normal PE class. An alternative academic assignment will be provided to keep a connection with the course content.