

2021-22 RBHS
Physical Education Syllabus

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.

Grading

Weighted Categories:

90% - Assessments - PE Standards #1-3

- A total of 8 formative and summative assessments will be given throughout the semester. Students will be asked to demonstrate knowledge and skills based on the standards above and their course description. Students will be given multiple opportunities to demonstrate this knowledge. Most recent learning will be prioritized.

10% - Participation- PE Standards #4 & 5

- 10 points per day will be given to students for meeting the expectations of the course. This includes but is not limited to: proper dress, class expectations, completing all warm ups & stretching routine and cardiovascular activity, actively participating in daily activity or workout with great effort and showing positive cooperation with teacher and classmates.

Attendance, Excuses & Make ups

- Due to the performance nature of the course it is important students attend class regularly.
- Students more than 10 minutes late to class will be considered absent.
- If absences are school related (i.e., RBHS athletic event, student council, field trip) students will be excused from class with the marking EXC in the grade book. Verification from the office is required.
- Students must be physically capable to complete a required level of activity for this course. If students have an injury or illness that may limit participation, students must provide their teachers a note from a medical doctor explaining the limitations and dates in which this may occur. Students are still responsible to participate or make up for work that they have missed during this time. If students are unable to do so, they may be asked to drop the course.
- Students should communicate with their teacher before or after absences occur to make up any work missed.
- Students required to quarantine will make up work through an activity log in schoology. Verification from the office or a doctor's note is required.

Class expectations

- Students should participate in workout or athletic clothing and supportive closed toed tennis shoes that lace up.
- Workout or athletic clothing include shorts, sweatpants, leggings, t-shirts, sweatshirt or tank tops. These items must adhere to the RBHS dress code.
- For safety, clothing and shoes designed for style should be avoided. These would be items with pockets, zippers, collars and items that don't allow for movement such as tight jeans or skirts/dresses. Lastly, tennis shoes without support such as Vans or Converse should not be worn. No boots, sandals, or flip flops are allowed to be worn in physical education.
- Students are not allowed to have cellphones in class.
- It is recommended that students bring their own water bottle to class.

Locker Room & Locks

- Students will spend the first and last 10 minutes of class in the locker room.
- Students will have the opportunity to check out a lock at the beginning of the semester to secure their belongings.
- Each student is responsible for their personal belongings they leave in the locker room and the security of these items. This includes the lock they have checked out.
- In the event the student does not return the lock at the end of the semester, a \$10 fine will be issued to replace the lock.