



PHYSICAL EDUCATION

Course Syllabus

***Our Mission:** To provide all students the opportunities to achieve life-long wellness through the understanding and appreciation of fitness, introduction to a variety of activities, and the tools to make healthy choices.*

Physical Education Overview:

All students at Metea Valley will participate in daily physical education with the exception of the semester they are enrolled in health education. Our physical education program is fitness oriented and aims to introduce students to activities they can participate in throughout their lives.

The freshman curriculum will include personal fitness with a classroom and fitness center component, a CPR and AED course with an American Heart Association Certification upon completion, and a variety of team sport activities introducing the basic skills, rules, and strategies of game-play with fitness activities embedded throughout the units. The sophomore curriculum will consist of tennis, social dance, fitness consumerism, and swimming. Junior and senior students will have the ability to choose what classes they would like to take based on the elective offerings. Sign-ups will be done during this physical education class the first week of each quarter. All students will participate in a week of fitness testing during the school year and will write a personal fitness plan

Grading:

We use a variety of methods to assess our students in the cognitive, psychomotor, and affective domains. These methods may include but are not limited to rubrics or checklists for the skill aspect, written tests for the cognitive portion, and daily evaluations to ensure participation. We hold high standards for our students and work to challenge them every day.

Grading Scale	P.E. Grade Breakdown
100-91 A	60% Participation
90-81 B	25% Test
80-71 C	15% Skill
70-65 D	
64-0 F	

Participation:

Participation makes up the largest portion of the student's grade. It is important to us that our students are active on a daily basis and participate in all activities no matter their ability. This also means that students are on-time and prepared for class with proper attire and materials. Students will receive a daily participation grade that will be based on a rubric system.

Test: Each unit will have an assessment portion to cover the information that was presented. Assessments may include: written tests, quizzes, projects, or other alternative assignment determined by the teacher.

Skill: Each unit will have a skill portion to physically assess the student's ability to demonstrate what was learned. Rubrics will be used to place emphasis on the process of performing the skill and not solely the final outcome.

Tardies: Students are expected to be seated when the bell rings for classes that meet in the classroom and in the locker room for those who dress. If they are not in class on-time, the building tardy policy will be enforced.

Physical Education Attire:

Students will be required to dress on a daily basis and will not be permitted to wear any clothing that they wore to school or anything that is issued by a Metea Valley Athletic Team. We ask that all students wear clothing that is appropriate for activity and athletic in nature (shorts, pants, t-shirts, athletic shoes). We do not allow students to wear clothing that includes: sleeveless t-shirts, slip-on shoes, flip flops, boots, or anything else that does not meet the Metea Valley Dress Code. Female students in swimming are required to wear a one piece bathing suit and male students are required to wear swim trunks. Swim students will also need to provide their own towel. Proper attire aids in safety prevention and changing on a daily basis helps support good hygiene.

No Dress: Students who do not have clothes and choose not to dress will be given a “no dress.” A “no dress” results in the loss of participation points and will significantly affect the overall participation grade. Students should never choose to take a “no dress” because we have rental clothes available. **Four “no dresses” will result in failure for the quarter and Eight will result in failure for the semester.**

Rental Policy: A student who does not have proper physical education attire for the day may ask to rent clothes from their locker room supervisor. Rental clothes will cost the student .50 cents and their ID. Their ID will be returned when the clothes are returned at the end of the class period. Students will be able to rent t-shirts, shorts/pants, and shoes in various sizes.

Make-Up Policy:

We understand that there are times when students cannot be in class and we expect them to see their teacher to make up the information that they missed. When a student misses the 4th excused absence and beyond in a quarter, they will not earn the participation points for the days that they miss. They can make-up their participation by setting up a time with their instructor to participate in a make-up activity before or after school. The make-ups must be done within a week of when the absence occurred unless otherwise directed by the school nurse. **Unexcused absences and “no dresses” may not be made up.**

Medical Issues:

All medical issues that would affect the student’s participation in class should be communicated to the teacher immediately. It is very important that students have inhalers and any other necessary medication with them on a daily basis to ensure their safety. If a student has a doctor’s note that limits participation, it should be brought to the school nurse who will communicate with the teacher. Students who are out of physical education due to a medical issue will still be required to fulfill the cognitive portion of the class so they will still meet with their class each day.

***IMPORTANT: Please make sure students keep all of their valuables at home. This specifically includes electronic devices, which will not be allowed in any fashion during physical education class. We supervise the locker room during all class periods but THEFT does occur. Prevention is the key! We cannot be responsible for student’s lost personal items!**

Physical Education Faculty:

Miss Schmidt (Department Chair)

*9th Grade P.E.

Mrs. Abruscato

*10th & 11th Grade P.E., Health

Mrs. Damon

*9th & 10th Grade P.E.

Mrs. Jordan

*Adapted P.E., Health

Mrs. Maher

*9th & 11th Grade P.E.

Mr. Monken

*9th & 11th Grade P.E.

Mrs. Salerno

*10th & 11th Grade P.E.

Mr. Tomczak

*9th & 11th Grade P.E.

Mr. Williams

*9th & 11th Grade P.E.

Mr. Woolwine

*9th Grade P.E.