COURSE DESCRIPTION
Students will obtain, process, and demonstrate skills in a variety of activities in a safe and organized environment. The student will gain knowledge pertaining to values and fitness advantages of being involved in Martial arts. This class will emphasize the basic fundamentals of self defense while encompass the philosophical approach of ancient teachings.

Colorado State Standards of PE:
1. Students demonstrate competent skills in a variety of physical activities and sports
2. Students demonstrate proficiency and growth in fitness skills.
3. Utilize knowledge and skills to enhance mental, emotional, and social well-being
4. Exhibit responsible personal and social behavior that respects self and others in physical activity settings
5. Apply knowledge and skills to make health-enhancing decisions
6. Apply knowledge and skills that promote healthy, violence-free relationships
7. Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury

GENERAL POLICIES/ SCHOOL WIDE POLICIES:
A standard guideline concerning topics of attendance, truancies, plagiarism, dress code, electronics, and late assignments will be strictly enforced by all JH teachers. The Core Teachers have written these guidelines in a standard syllabus to be read and signed by all students and parents/guardians. I will uphold and follow all standard Policies/Procedures set by the JH Faculty.

LATEWORK/HOMEWORK:
Occasionally, students will be assigned written assignments/discussion questions or assessments. My late-work policy is as follows:
1. I will accept a late assignment ONE day late for Half Credit.
2. I will not accept late work after a one week deadline, your student will receive a zero for any written assignment not turned in prior to the one week late-work deadline.
CLASSROOM MANAGEMENT GUIDELINES:
Discipline Policy: It is important that the student, parent, and teacher communicate on a regular basis. Parental involvement is crucial in promoting, developing, and maintaining good behavior. Students are expected to adhere to the JA Parent/ Student Handbook, Code of Conduct and the Jeffco Public School Handbook procedures and policies.

GRADING PROCEDURES:
Standards are the same as in Parent/ Student Handbook:
A = 90 – 100
B = 80 – 89
C = 70 – 79
D = 60 -69
F = Below 60
Students will be graded by a TOTAL POINT SYSTEM.

GRADING TASKS/POINT VALUES FOR PE:
1. WEEKLY PE POINTS:
   1. Respect
   2. Equipment set up and take down
   3. Participation
2. FITNESS PROGRESS:
   I will implement a fitness/flexibility program so the students can see progress/ growth in their physical fitness development over the course of the quarter.
3. ASSESSMENTS/WRITTEN ASSIGNMENTS:
   1. Unit Quizzes
   2. Discussion Questions
   3. Written Final Exam

LOCKER ROOM BEHAVIOR/LOCKING UP VALUABLES:
Students are to be quiet, polite, and respectful in the locker rooms for PE class. Students will be allowed 5 minutes to dress out before and after class. Students are not allowed to loiter or spend time in the locker rooms. Jefferson Academy is not responsible for any lost or stolen valuables. Students are encouraged to keep their valuables in a safe place.

ZERO TOLERANCE:
In specialized sports, as in any classroom environment, there will be no tolerance for bullying, verbal harassment, or teasing. If your student feels uncomfortable with any situation before, during, or after class, they are strongly encouraged to speak to me or with the administration. If your student is
offended in any way, please let me know of the incident as soon as possible so that it can be dealt with in the appropriate manner. Please remember that it is hard for me to “see” and “hear” everything in class because the students are actively participating and I am constantly moving from group to group or team to team. Also, many of the incidents could happen as students are going back into the gym from being outside, or in the locker rooms. I want to encourage a safe environment for all of my students, but I need to know when/if the student is offended about any incident in my class.

COMMUNICATION POLICY:
I will be available to communicate with you via several means:

1. Best way: email jgregory@jajags.com
2. Jefferson Academy Website
3. Parent/Teacher Conferences
4. Scheduled Appointment/ Conference

SUPPLIES FOR SPECIALIZED SPORTS
1. PE T-shirt, no tank tops, no sleeveless shirts
2. Athletic shorts or sweats/capri’s
3. Tennis Shoes
4. Deodorant
5. Water bottle

Please scroll down to the Signature Page to Print, Sign, and Return.
Student & Parent Signature Page.

Please print the Signature Page, sign and date it, return to Ms. Gregory by Due Date for the student to receive 25 point credit. For full points you must also enter the class code given in class and join my google classroom (parents are welcome to join also).

Print Student Name: ________________________________________

Student email: _____________________________________________

Student Signature: ___________________________ Date__________

Print Parent Name: _________________________________________

Parent Email: _____________________________________________

Parent Signature: ____________________________ Date__________