

JEFFERSON ACADEMY HIGH SCHOOL **PHYSICAL EDUCATION COURSE SYLLABUS**

2019 / 2020 Individual/Dual Sports

Quality PE Performance is Pursuit 1

PE COURSE DESCRIPTION:

The student will learn to safely use the facilities, gymnasium and weight room area. The course goals will provide the student with knowledge and ability to execute basic skills and strategies associated with each activity. The course will introduce advanced techniques and player development within each unit. In addition, history, fitness and PE foundation lessons will be provided for this course.

READING AND WRITING:

Reading and some writing assignments are integral and critical components of the program. In class assignments will call for written responses. There will be a Physical Fitness Assessment for each class unit.

INSTRUCTOR AVAILABILITY

By appointment or contact email: msharp@jajags.com – Office hours 7:45am – 8:05am / 3:25pm – 3:45pm

COURSE GRADING:

- Grading for this course will be determined by a combined score of student activity.
- Daily grading is 20 points per day. Five (5) points for attendance, five (5) points for participation, five (5) points for being dressed in physical education gear and (5) points for student respect and behavior.
- Each student will have 5 to 7 minutes to change and prepare for class. Students will be considered tardy if they are not in the gym completing warm up jog or at assigned attendance spot. Two attendance points will be taken from daily points for unexcused lateness.
- Class written assignments will be checked for thoroughness and accuracy, with credit for each completed assignment.
- **Homework** could be assigned for units.
- A final shall be given each quarter.
- A student will accumulate points; the total number of points earned shall establish a percentage of the total available and a grade assigned accordingly.
- Each student will be responsible to store gear safely, for each class.
- Students are required to wear physical education gear each day.
- Each student will be expected to participate in all class activities. No food in the gym per school policy.
- There will be **ZERO** tolerance for academic dishonesty.
- The academic environment consists of a disciplined / professional class setting with dignity for all our students. Inappropriate language is not acceptable.

Methodology: P E courses are primarily taught using student participation, testing, and skill rubrics.

COURSE MATERIALS:

1. JA PE T-Shirt / Gym shorts or sweats / gym shoes
2. Locker (lock will be provided by school for \$5.00 rental fee) 1st come 1st serve basis.

LOCKER ROOM POLICY: Jefferson Academy is not responsible for lost or stolen items. Students must properly store items, (backpacks containing money, electronic devices) in a locked locker. If all lockers are in use, please keep valuables safe. **There will be no hazing/bullying or destruction of property in the locker room.**

Coach Sharpley's philosophical teaching mission: "To provide quality leadership, live a balanced well-adjusted life style, and relate honorable principles to make a substantial difference in the lives of students."

Bowling Activity: Once each quarter, the class will have a mandatory field trip to Fat Cats located in the Westminster Promenade across from the AMC Theaters. Our staff is looking for parent drivers to assist in taking students to Fat Cats and return trip back to school. Please call if you are available during your student's block.
Background checks are needed for volunteer drivers / Easy Form in Office.

Attendance and Make-Up Work: If a student is absent, (excused), it is his/her responsibility to make up missed work. Students have the required time (see student handbook) to make up for daily missed points. All physical education classes can be made up with 60 minutes of recreational / sports activity outside of the classroom setting. (unexcused) Makeup work shall be allowed following an unexcused absence including suspension, with the goal of providing the student an opportunity to keep up with the class and as an incentive to attend school. Students who complete the required makeup work within the required timelines will receive 98% academic credit earned for the makeup work with the following exception. All makeup work for unexcused absences will be penalized one letter grade from the grade earned.

Electronics: Students electronic usage in PE is limited to fitness gram recording and running on the track. All tech and electronic devices should be locked safely in student's locker. If a student chooses to bring an electronic device to class, during unspecified times, the following disciplinary measures will be implemented: First offense: Faculty will confiscate the device and take it to the office. A student can retrieve the device after school that day. Second offense: Faculty will confiscate the device and take it to the office. Only a parent can retrieve the device after school. The office will not call the parent. It is the responsibility of the student to let the parent know. Third offense: Faculty will confiscate the device and take it to the office. A parent conference with administration will be required before the device will be returned. If the student continues to defy the faculty and administration and this policy, s/he will encounter more severe consequence.

OUTLINE OF MAJOR UNITS, TOPIC, AND /OR ACTIVITIES:

Badminton / Basketball / Bowling / Dodge Bowl / Fitness for Life / Fitness Gram / Flag Football / Floor Hockey / History of Sports / Insanity Series / Netball / Lacrosse / P90 X Stretching and Yoga / PLT4M Program / Pickleball / Soccer – Indoor and Out / Softball / Speedball / Theories of Fitness / Track / Ultimate Football & Frisbee / Volleyball

Fitness For Life Lessons / HBO Documentaries / Real Sports / 30 for 30 Films: / FITT Formula / History of sport / Historical Foundations of PE / Biomechanical Foundations / Exercise Physiology and Fitness / Physical Education – Exercise Science and Sport Defined / Skill Related Fitness Components / Sports and Exercise Psychology / Types of Training / Understanding Motor Behavior

GRADING SCALE:

A: 90 – 100%
B: 80 – 89%
C: 70 – 79%
D: 60 – 69%
Below 60% - Try again next time.

When a student EARNS a.....

It Means

Grade = A (95%)	Students who EARN an A grade in this course are exceptional students who met the objectives of this course. They completed work on time with proficiency, quality and creativity. Demonstrate an excellent understanding and are prepared each day.
Grade = A (94% - 90%) or B	Above average student meeting all objectives. Complete work on time with accuracy and demonstrate understanding of all content.
Grade = C	Average student meeting just the basic objectives of the course. Complete work on time and meet minimum expectations.
Grade = D/F	Perform below average or unsatisfactory and avoid responsibility. Exhibits poor mastery of all content.



Physical Education Course Syllabus Assignment = 25 Points

Due Date: 3rd day of quarter, or 3rd day after late registration into class.

Please sign and return this form, indicating you have read the course syllabus information.

Student Name: _____ Student Signature: _____

Parent Name: _____ Parent Signature: _____

