



ALAH PE Syllabus

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Course Description

The Physical Education program provides each student with the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports, and physical fitness activities. The students receive instruction in rules, skills, and strategies associated with different sports as well as learning experiences involving physical conditioning activities. The students will also become involved in life-long physical activities through individual sport units. The program promotes the spirit of cooperation, leadership, fair play, and friendly competition as well as personal improvement.

Grading

Daily Performance Grade: (40% of the Quarter Grade) The majority of a student's grade is derived from their daily active participation in the classroom setting. For this reason, students need to actively participate in all class activities to earn credit towards the performance portion of their grade. In order to participate, students need to be dressed appropriately for physical activity, including athletic clothing and footwear. Students can then maximize their daily grade through active participation, engagement in skill development, and demonstration of appropriate social behaviors (respect, sportsmanship, etc.).

Individual Fitness: (60% of the Quarter Grade) Performance Assessment of Skills: A portion of the quarter grade is based on a performance assessment of particular skills that are covered during the quarter. Points are accumulated from multiple in-class experiences. Rating scales, rubrics, checklists, video assessments, student interviews, questioning, and surveys will be some of the tools used in the assessment process. Cognitive Assessment of Skills: This portion of the quarter grade is based on the total points of quizzes, assignments, tests, and projects. These may take place in class or as homework assignments outside of class. Quizzes, assignments, tests, and projects are unique to each quarter and the grading is developed for each of these by the individual teacher. Fitness Improvement: This portion includes weekly mile, push-ups, sit-ups, max outs. The fitness improvement portion will be based on individual performance and improvement. We will test out on the 2nd and 8th week of each quarter.

Rules

1. Follow ALL rules in the student handbook.
2. Dress: Students are to wear ALAH PE Uniforms (shorts/shirts). Must wear tennis shoes and be tied. No sandals or jewelry. Jewelry must NOT be worn out of the locker room or MUST be covered with tape before getting into attendance row, it will result in loss of daily points if task is not completed. Clothes may be borrowed from your teachers but you will receive a loss of daily points.
3. Grades are derived from the following areas with the approximate percentages. 40% Daily performance and 60% Individual Fitness (notebooks, tests, skills test, etc). For more detailed information on the breakdown of the percentages, refer to Grading Components link.
4. All miles must be made up before the end of the quarter. Miles missed during extended injuries/illness will be assessed on a case by case basis and be made up accordingly.
5. Written medical excuses will be accepted with no deduction of grade. All written tests must be taken. A written assignment may also be assigned. Give all medical excuses, passes, absent and tardy slips to the teacher immediately. Parental notes are not accepted.
6. Remain in class participating until excused to get dressed by the teacher. Stay in the gym or assigned area until the bell. Don't line up and clog the doorways to the hall.
7. No food, drink, or candy during class. This includes gum. Drinks are to remain in the backdoor foyer where purchased. Keep the gym clean.
8. Lock your locker, YOU ARE RESPONSIBLE FOR YOUR BELONGINGS. If you lose your lock, check with your teacher.
9. No running, screaming or horse play in the locker room.
10. If the weekly fitness mile has been scheduled during conference tournament play or post season play and your coach doesn't want you to participate; you will still dress out, do the push-ups etc. and run the mile on another prearranged day. It is your responsibility to make it up and communicate with your teachers.
11. All Physical Education activities have risk of injury. Know and follow all the rules and instructions. Play with safety in mind. If there is an injury, report it IMMEDIATELY to the teacher. DO NOT TOUCH THE INJURED PERSON.

Units

Frisbee Golf, Bocce Ball, Croquet, Soccer, Flag-Football, Volleyball, Dance, Basketball, Badminton, Pickleball, Kickball Games, Eclipse Ball, Indiaca, Ultimate Games, Fitness, Weight Lifting, Deck Tennis, Kittenball

Materials

PE Uniform, Tennis Shoes, Sweats, Notebook, Pen or Pencil