

Laguna Creek HS Physical Education

2017-18 Course Syllabus

MISSION STATEMENT

Physical Education courses at Laguna Creek High School are the foundation for a physically active lifestyle so that students can become independent learners who initiate and monitor their own participation in physical activity. LCHS PE promotes an active lifestyle and improved health, motor skill development and better cognitive performance.

Courses: PE Course 1 (9th), PE Course 2 (10th-12th), and Electives: Weight Training, Walking, and Team Sports
LCHS PE Teachers: Mr. Dmitrenko, Mr. Watanabe, Mr. LoForte, Ms. Wiwczar, and Ms. Cloward.

GRADUATION REQUIREMENT/CREDITS

- Students must pass 20 credits of Physical Education to graduate high school. Students will take Course 1 their freshmen year and Course 2 their sophomore year. Elective PE classes do not count towards P.E. graduation credits.
- P.E. is a variable credit class. Every 8 days of P.E. equals 1.0 credit. Students who end the semester with 8 or more non-participation days (absences, non-suits, medicals) will lose at least 1.0 credits for the class.

GRADING POLICY

Students can earn **30 points** per class period in the following categories:

GRADING CRITERIA (DAILY POINTS)				GRADING SCALE	
Category	Course 1	Course 2	Electives	GRADE	PERCENT
Dress	5	5	5	A	90 - 100
Warm Ups	10	10	10	B	80 - 89
Fitness	10	5	0	C	70 - 79
Activity	5	10	15	D	60 - 69
Total	30	30	30	F	0 - 59

POINTS

- Students who are absent (including field trips), non-suit, or have a medical note **do not receive any points** for the day. **The only way to earn points is to dress and participate.** Excused absences and medical days can be made up at Make-Up PE (see page 2).
- If a student is told to leave the class for behavior reasons, they will lose all thirty (30) points for the period. This includes being sent to the office or OCS.

TARDIES

- 1st roll/attendance is taken right after the tardy bell in the Main Gym. Students are required to be in their spot on their class line for this roll call. Students who are not in their spot will be considered absent or tardy.
- If a student shows up **LATE** to 1st roll call they **MUST** pick up a Tardy Slip from the front office and then return quickly for 2nd roll call. Students who are late will not be let into the Main Gym for 1st roll.
- Students who are Tardy to roll call (1st and/or 2nd) will lose 1 point per Tardy (4 points total) in all grading categories.

BACKPACK/CELL PHONE/IPOD POLICY

- Electronic devices are not allowed in PE class. All of these items could be confiscated if used during class.
- Dressed students are not allowed to bring their backpacks to class. They will be marked as a non-suit. All backpacks must be stored in the locker rooms.

DRESSING

PE clothes can be purchased at the student store during lunch or on the LCHS Web Store. Prices for the clothes can be found on LCHS Web Store. If purchased online, students will need to bring their receipt to the student store to receive their clothes.

Top: To earn full credit, students are required to wear a gray t-shirt, a Laguna Creek t-shirt, or a sweatshirt (gray, black, cardinal, or white). Students will lose points for wearing a shirt without sleeves (tank top), a non-gray t-shirt, and jackets.

Bottom: To earn full credit, students are required to wear plain black shorts or black sweat pants. Students will lose points for wearing something other than black shorts or sweat pants. Shorts must be in adherence to the LCHS dress policy for length.

Shoes: To earn full credit, students must wear athletic shoes to PE. Students wearing non-athletic shoes (dress shoes, boots, slides, slippers) will be considered a non-suit and not be allowed to participate.

Students are not allowed to wear their school clothes under their PE clothes.

If students don't dress, the following procedure will be followed:

- 1st non-suit: student loses all points (30) for the day and stays with the class.
- 2nd non-suit: student loses all points (30) for the day and stays with the class.
- 3rd non-suit: student loses all points (30) for the day and is sent to OCS to do a written assignment. OCS teacher will contact parent during the period.
- Every non-suit after their 2nd will result in being sent to OCS.

FITNESS TESTING

All 9th grade students will take the Fitness Gram test at the end of the 2nd Semester (May). Students who pass 5 or 6 of the tests (out of 6) will not have to be tested during their Course 2 class their sophomore year. Students who do not pass their freshmen year will be tested in the tests they failed as freshmen. Students who do not pass their sophomore year will be placed into a Course 2 class their junior year and be tested again. Juniors who still have not passed the Fitness Gram test will be placed in a Course 2 class their senior year.

MAKE-UP PE

Make-up PE is every late start day (usually Monday), **8:00 AM**, at the track. Locker rooms are open at **7:50 AM** for students to get dressed. Students who show up after 8:00 AM will not be allowed to run. If it is raining, make-ups will take place in the Main Gym. Students have to run one (1) mile **under 12 minutes**. Miles that are run over 12 minutes will not be counted. Students can only make up **excused absences and medical days**. **Non-suits and trancies cannot be made up**. Make-ups can be arranged with your individual teacher as well. Students will receive **30 points** for doing a successful make-up.

MEDICALS/NOTES

A written note from a parent will be accepted for a maximum of 2 PE days. Any injury or illness longer than 2 days must be accompanied by a doctor's note. If the doctor's note states a modified activity, teachers will try to allow these students to earn their points if possible. If a student **DOES NOT** participate, they will not get any points for the day. Students who are out for an extended period of time should meet with their teacher to discuss their grade and credit situation/options. Students who are injured and cannot participate for the rest of the semester may get moved to another class.

Note: If the doctor's note says No PE, then the teacher is unable to "modify" the curriculum and have the student earn credit during this down time. If possible please have the doctor prescribe activities that the student can and cannot do so they may earn credit during this time.

LOCKERS

Each student will be assigned their **OWN** PE locker. Sharing lockers is not allowed. Students will need a combination lock to use. **Key locks are not allowed**. The LCHS P.E. staff is **NOT** responsible for lost or stolen items. There is a lost and found in the PE Staff offices. Every effort will be made by the LCHS PE Staff and Campus Security to secure the locker rooms.

Laguna Creek Physical Education

Note = Please fill this out neatly and sign & return to your Physical Education Teacher.

Period #: _____ Student's First & Last Name (Print): _____

PE Instructors name (circle): CLOWARD DMITRENKO LOFORTE WATANABE WIWCZAR

Parent/Guardian Info: Name(s): _____ Home Ph. # _____

E-mail address: _____ Cell Ph. #: _____

Acknowledgement: I acknowledge that I have read and understand the LCHS Physical Education course syllabus along with the expectations policies of the department, posted at www.lchs.schoolloop.com/lchspe.

Student Signature

Parent/Guardian Signature

Current Medical Problems: _____

Other Info: _____

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