

Name _____

PHYSICAL EDUCATION 1

PINER HIGH SCHOOL

Description: Personal fitness is the emphasis of this course. We will spend time on cardiovascular fitness, muscular strength and endurance, and flexibility. A statewide physical fitness test is administered in the spring to all 9th graders based on these components of fitness. Students will have the opportunity to use a fitness lab, and will be engaged in classroom lessons weekly, focusing on the benefits of being healthy. Team and individual sports, as well as traditional and non-traditional activities will be part of the overall curriculum.

Material Needed

- ✓ The Piner High Physical Education t-shirt, shorts or sweatpant, and appropriate athletic shoes. Students may wear **ALL** black (no logos or stripes...)shorts and/or a solid white T-shirt. Every student must have their last name on their P.E. t-shirt. Students are not to wear other non P.E. clothing underneath the uniform! This is considered a suitcut.
- ✓ A soft three pronged folder.

Course Objectives

1. To understand the importance and benefits of being healthy.
2. To improve the students overall fitness level.
3. To improve skills and acquire knowledge of team, individual and non-traditional activities.
4. To introduce strength training with an emphasis on proper technique and safety.

Expectations

- Be on time! This means in the locker room before the tardy bell, and seated on your roll call number in the gym within the five minute dress time.
- Have the required and appropriate P.E. uniform with athletic type shoes with laces.
- Attempt your best effort daily! Be actively involved in ALL class activities and meet required standards.
- Be safe. Inappropriate or dangerous behavior is unacceptable! Set a good example for others.
- Leave all valuable locked up. Do NOT bring any "e-device" out to class. It will be confiscated!
- Show respect for your peers, your teacher and all our equipment and facilities.
- To be able to meet the daily 12 minute cardio. Three minutes per lap.

Grading & Assessments

Participation: Students will be observed daily for effort, improvement, attitude and meeting required standards. Students earn 10 points daily and 20 points on a block day for a total of 50 points weekly. Students not dressed to participate will not earn points for that day.

Fitness Lab – Students will participate weekly in strengthening and cardiovascular workouts. Students will be evaluated on performance, effort, improvement and staying on task.

Cardiovascular Standard for Endurance Run:

Quarter 1 = 6 laps in 18 minutes

Quarter 2 = 8 laps in 24 minutes

Quarter 3 = 10 laps in 30 minutes

Quarter 4 = 12 laps in 36 minutes

(Each lap is based on a 3 minute standard)

*Extra credit +2pts for each additional lap within the required time.**Minus -2pts for each lap under the required amount of laps within the required time.

P.E. Medicals & Make Up Work: A student who does not attend a class due to illness, medical issue, school or personal business etc., will not be given points. Every student has the opportunity to make up points or just earn extra credit at the Wednesday after school make up P.E. sessions from 2:10 – 3:00pm. Each session is worth 10 points. Students may also earn extra points with extra effort on daily cardio.

A medical/doctor note excusing a student from participating up to 4 weeks will be given a standard writing assignment that will be done in class. The assignment is due at the end of the class period and will be valued at the same amount of points. The student may be given a Piner High Medical form to be completed by the physician stating if the student is able to participate physically in any way. Our program encourages and allows students to keep up their grade both physically and cognitively. Medical students are still required to dress daily and be seated with peers on their roll number.

Suitcut Policy : A student not dressed to participate will not earn points and is a suitcut. Each student will have one warning each quarter as a reminder of the importance and consequence of not dressing and participating. After the first suitcut, and each suitcut thereafter, the student will be assigned a mandatory make up P.E. session. The white mandatory slip must accompany the student in order to attend for credit. The student must attend the session to earn his/her points back. If the student does **NOT** attend the session assigned, then a two hour detention will be assigned. Any student who is assigned a two hour school detention on the same day as the mandatory session should serve the first hour in the fitlab and the second hour in the detention room near the main office.

Student Signature _____

Parent/Guardian Signature _____

Name _____

PHYSICAL EDUCATION 2 PINER HIGH SCHOOL

Course Description: This course is designed to improve or maintain an acceptable level of fitness, while educating the student about health and fitness related topics in today's society. An emphasis on life time activities is part of this curriculum. A variety of team and individual sports will be introduced throughout the school year.

Materials Needed: The appropriate P.E. uniform along with "athletic" type shoes with laces. Please no boots, slip on's, flip-flops or bare feet! Also, do not wear your regular school attire underneath your P.E. workout clothing. It is considered a suit cut if you do! You will also need a folder for written work. This will be provided for you.

Course Objectives:

- 1) To develop the understanding and importance of lifelong fitness and overall health.
- 2) To develop the students overall fitness level.
- 3) To improve skill and acquire knowledge of different sport/activities.
- 4) To allow students to use and develop communication and collaborative skills thru interactive lessons.
- 5) To give students the opportunity to be creative and instill critical thinking skills during units of instruction.

Expectations:

- Be to class on time and **seated** on roll call number.
- Have required uniform and appropriate shoes.
- Be actively engaged in all class activities and strive to meet required standards.
- Show respect for ALL!
- Please do NOT bring "E" devices out to class!

Grading & Assessments:

Participation – Students will be observed daily for effort, improvement and attitude. Students meeting all standards/requirements tend to earn maximum points. Students earn 10 points daily and 20 points on block days. Students not dressed or not present for class will not earn points for that day.

Written work/Portfolio- Note taking, assignments and handouts will be kept in each students notebook. The components of fitness, muscles of the body, weight training exercises, and developing a personal fitness plan will be the emphasis. Quizzes will be given at the end of each four week sport/activity unit.

Portfolio: Classroom assignments, notes and handouts will be entered into each students personal folder. This folder is a collection of work for each quarter theme, and will be graded accordingly.

Test/Quiz: Students will be given tests and/or quizzes on occasion to help assess the desired learning outcome.

Classroom Work

Students are required to keep a portfolio in which all written work and information on "The Benefits of Being Healthy" is collected and organized for each semester. A comprehensive exam is given each semester and students are allowed to use their portfolio to help assist with answering questions.

Quarter 1 = The benefits of being active

Quarter 2 = The benefits of eating well

Quarter 3 = The benefits of understanding the human body

Quarter 4 = The benefits of positive self image

Cardiovascular Standard Daily 12 Minute Run

The mile run must be completed in 12 minutes or less for full credit. Extra credit 5 points will be given for each additional lap over 4 within the 12 minutes. Students will be deducted 5 points out of their daily total points for not attaining the target standard 4 laps.

P.E. Medicals & Make Up Work

A student who does not attend a class due to illness, medical issue, school or personal business etc., will not be given points. Every student has the opportunity to make up points at the Wednesday after school make up P.E. sessions from 2:10-3:00pm. Each session is worth 10 points. A medical/doctor note excusing a student from participating up to 4 weeks will be given a standard writing assignment that will be done daily in class. P.E. medicals are required to be dressed in uniform, seated on roll number and follow the expectations for each days assignment.

Suitcut Policy

A student not dressed to participate will **NOT** earn points and is a suitcut. Each student will have **ONE** warning each quarter, and for each suitcut thereafter, will be assigned to a **mandatory** make up PE session on Wednesday. The student must attend the session in order to earn back points for their grade. If the student does not attend the session, then a two hour detention will be assigned. Any student who is assigned a two hour school detention on the same day as the mandatory P.E. session should serve the first hour in the fitlab and the second hour in the detention room.

Student Signature _____

Parent/Guardian Signature _____

SOCCKER

Piner High

Mr. Aubin

Fall 2015

Course Description

This course is designed for students that enjoy the game of soccer and would like to maintain or improve their soccer skills and fitness. This course will include a variety of warm-up drills, flexibility and conditioning exercises. The majority of the time will be spent in game situation and tournament play. Cooperation, teamwork and displaying good sportsmanship are important components for success in this class.

Prerequisite: The student should have basic soccer skills and have an understanding of soccer rules and strategy.

Class Requirements and Expectations

Students are to respect and follow these guidelines:

- Wear the **required** P.E. uniform and appropriate lace up athletic type shoes.
- Be seated on roll call number at the beginning of the period for attendance.
- Actively participate during all phases of class including **daily** runs, exercises and stretching during the **entire** period.
- Be respectful to all!
- Safety! Think about it during games, drills, warm ups, and all activities.
- Cell phones, ipods and other e-devices are not allowed in your possession during class time. These items will be confiscated! The school policy is in effect.
- Play fair and play by the rules. This is important for all tournament play!

Grading

Students earn 10 points each day and 20 points on block days. Students not dressed in the appropriate uniform will not be allowed to participate and will not earn points for that day. Effort, improvement and attitude will also be evaluated on a daily basis. A student's grade is based on participation during warm ups, participation in game play, attendance, appropriate dress, effort and attitude.

Make Up Points

Students may attend the P.E. sessions in our fitness lab on Wednesdays from 2:10-3:00pm and earn 10 points for each session attended throughout the school year.

Suitcut Policy

Students not dressed to participate will be given **one** warning on the first suitcut. For each suitcut thereafter, the student will be assigned to the Wednesday Mandatory P.E. Session from 2:10 – 3:00pm. in order to make up loss of points. If the student fails to attend this session, then a **two hour detention** will be assigned.

Student Signature _____

Parent/Guardian Signature _____