

MONTE VISTA CHRISTIAN SCHOOL
HEXS 1910 Boys High School Physical Education
HEXS1911 Girls High School Physical Education
Course Syllabus

Course Description:

A guided discovery of physical fitness and athletic activities through the exploration of sport specific motor skills, techniques, rules, and strategies.

Curricular Mapping:

In the interest of enhancing physical fitness and athletic skills, this course will develop student interest in sports, lifetime fitness, and a competitive spirit that is inherent in us all. Basic motor skills and knowledge of sport and fitness concepts are important tools in the development and continuation of health and fitness throughout the lifespan.

Course Objectives:

Upon the successful completion of this course the student will be able to:

1. Demonstrate competency in a variety of sport specific motor skills through class participation.
2. Integrate appropriate sport specific techniques and strategies into game play.
3. Show an improvement in overall physical fitness including cardiovascular fitness, muscular endurance, muscular strength, flexibility and concentration through daily participation and periodic assessments.
4. Demonstrate understanding of rules, strategies, and etiquette of various sports through the completion of written tests.
5. Integrate safe, sportsmanlike, and confident performance in a variety of sports and physical activities through participation.
6. Foster personal responsibility in the areas of locker use, uniform maintenance, and personal hygiene.
7. Gain an appreciation for the role that daily physical activity plays in overall personal wellness.

Course Outline and Requirements:

Please note that this list is not in chronological order. The schedule may be modified according to student learning progress, school events schedule, weather, and facilities availability. The following sports and skills will be covered during the course of the school year:

1. Softball
2. Strength / Core Training

3. Track & Field
4. Volleyball
5. Floor Hockey
6. Badminton
7. Pickle ball
8. Soccer
9. Basketball
10. Fitness Activities
11. Flag Football
12. Mini-Units (Dodgeball, Kickball, Knock-Out, Ultimate Frisbee, etc.)
13. Mile Run / Agility / Conditioning

Grading:

<u>Grade Book Categories</u>		<u>Semester Weighted Grading Configuration</u>	
Participation/ Effort	30%	Quarter	45%
Dress	30%	Quarter	45%
Mile Run	20%	Final Exam	10%
Skills/Technique Testing	20%		

Explanation of Grade Book Categories:

Each student can earn a minimum total of 20 points per class period. Students will earn 10 points for daily participation/effort and 10 points for dressing out in their P.E. uniform*. Block days are reserved as mile/testing days. An additional 20 points may be earned on block days. Ten points may be earned through the completion of a weekly mile run. Students may earn 10 additional points on testing days through a motor skill or written assessment.

*P.E. uniforms consist of a P.E. department-issued t-shirt (required), shorts (required), sweatshirt and sweatpants. These items are available for purchase through the MVC Business Office. Students are also required to wear cross-trainer, running, or comparable athletic shoes with laces and socks as part of the approved P.E. uniform. "Fashion" athletic brand shoes, Vans, Converse, skate shoes, flat soled shoes, sandals, slip on shoes, Uggs, slippers, boots, etc. will not be allowed.

High School Standard Grading Policy:

Please refer to the policy and procedures posted online in our Parent-Student Handbook.

Class Policies:

1. Dress out: Students are expected to dress out in their own P.E. uniform for each class session unless a parent or medical doctor's note states otherwise or the instructor makes an exception at his or her discretion. If a student does not have their uniform, a loaner uniform will be provided. Students receiving a loaner uniform will receive a tardy and lose their dress points for the day. School clothes are not to be worn under P.E. uniforms.
2. Participation/Effort: Students are expected to participate and give quality effort during class activities. Students who demonstrate a chronic pattern of non-participation and/or lack of effort may be asked to attend a parent/student conference with their instructor, which will be preceded by an instructor phone call to parents.
3. Absences: Students will be allowed three no-dress days per quarter due to absence, vacation, illness, or injury. Students will receive a zero on the fourth and subsequent absences. After the three no-dress limit, participation and testing points may be earned by the completion of an assignment to be assigned at the instructor's discretion.
4. Notes: Non-participation due to a parent or doctor note will count toward a student's three no-dress day limit. After the third consecutive day of non-participation due to a parent note, a doctor's note must be submitted. Extreme circumstances due to prolonged sickness or injury will be handled on a case-by-case basis. Instructors reserve the right to contact the parent or guardian regarding the validity of any given note or excuse.
5. Students who choose to not dress out and participate without a valid note will receive a zero and a tardy for the day.
6. Lockers and Locks: Each student will be issued a P.E. locker and combination lock at the beginning of the year. Students are responsible for maintaining the cleanliness of their locker. Sharing of clothes and/or lockers is not allowed. Students will be billed for the cost of locks that are lost or misplaced.
7. It is the responsibility of the student to lock up any money, valuables, electronic devices, etc. Instructors are not responsible for lost or stolen items which have not been locked in an assigned locker.
8. Instructors may conduct random locker checks for the purpose of inspecting for cleanliness and appropriate use of the locker.
9. Safety: Appropriate rules and procedures will be followed during class activities, especially while in the weight room and conducting speed and agility training. Horseplay or other disregard for rules and safety procedures will result in strict discipline.
10. No food, beverages (other than water), gum, cell phones or electronic devices are allowed at any time during P.E.
11. This syllabus is subject to change upon discretion of the Health & Exercise Science Dept.

School Policies and Expected Student Learning Results (ESLRs):

Students are subject to all academic policies of the school as found in the Parent-Student Handbook. Furthermore, it is each student's responsibility to read and follow all academic policies of Monte Vista Christian School. In addition to addressing each ESLR every year, we target a specific ESLR each academic year for particular focus.

Miscellaneous:

1. Students will participate in a weekly mile run/fitness day as well as weekly strength training activities.
2. Students are expected to wash their uniforms each weekend in the interest of personal hygiene and overall wellness of the class.
3. Use of locker rooms is a privilege. Please keep locker rooms and athletic facilities clean.
4. Always keep assigned lockers locked, which will help avoid theft. Please note that visiting school athletic teams occasionally use our locker facilities during after school hours.