

Physical Education/Fitness Syllabus

Teacher

La Juan Lewis, location Big Gym. I am available before and after school (usually 7:30-7:40 am and 1:20-2:20 am) or email @ lajuan.lewis@jefferson.kyschools.us.
Class Website: <http://www.coachlewispe.com> or [Twitter @coachlewispe](https://twitter.com/coachlewispe)

Philosophy

Our Physical Education curriculum is designed to provide all students with a wide range of exercise opportunities. It is our collective goal to teach all students the value of lifetime sports and fitness. We hope that all students will continue to participate in some form of exercise well after they graduate from Shawnee High School. In an effort to promote fitness for life, we emphasize the physical, social and emotional well-being for all students.

What to Wear

- Appropriate gym shoes for indoor or outdoor activity (Non-marking soles!) **No sandals or flip-flops!**
- No tank tops girls, alcohol, tobacco, bands or other shirt that is inappropriate. School Dress Code will be enforced.
- Be prepared for the weather, have sweats available for cold days...we will go outside.

Behavior

Students are expected to listen, follow rules, be safety conscious, avoid confrontations, use appropriate language, and not harass others at any time. If a student continues with the inappropriate behavior after being told to stop either by the teacher or the offended student it will be considered insubordinate behavior and the student will lose all 6 points and be removed from the activity. If a student continues with habitual inappropriate behaviors further steps to correction will follow.

Miscellaneous

Stay with the class at all times! Take good care of the facility. Leave the Weight Locker room the way you found it. If you have expensive items or money lock it up in your locker!! Not my responsibility!! If you don't want it stolen don't bring it to class or better yet school. Bathrooms breaks will be limited and you are encouraged to bring your own water bottle to class. No Food or Soft Drinks are allowed in the gym. Put all equipment up at the end of class or supervised gym privileges for class will be limited.

Attendance

Excused absences result in the loss of 6 points, this includes: field trips, co-curricular events etc. Missed classes for any other reason result in the loss of all 6 points. (i.e. skipping class)

Makeup work is allowed for excused absences only; students will be allowed makeup work consisting of worksheets or a report on the unit we are currently covering. These assignments will be worth 5 points. Makeup work needs to be done prior to or shortly after excused absences.

Effort

Students are expected to be participating to the best of their ability during class activities. If minimal or no effort is being exerted the student will lose all 10 points for the day because he/she benefited nothing physically from the day. **Try!** Participate to the best of your ability.

Grading

Grading will be based on four criteria each counting for 25% of total grade: Daily Points, Skill/Game Play, Assignments, and Test Scores. The student earns points on a Daily Grading Rubric for student participation, conduct and game play based on standard grading.

Daily Points: Each day is worth 6 points. **You need to participate whether you like an activity or not! Sometimes we are forced to do things that we don't like to, but it needs to be done!!**

Daily Grading Rubric for Physical Education

Rubric reads from left to right and the student will be graded based on; Proper Attire & Conduct and Sportsmanship & Participation/Effort.

Category	Proper Attire & Conduct		Sportsmanship & Participation/Effort	
0 points	Student does not dress out and does not have proper shoes to participate.	Has been pulled out of an activity during class.	Shows no sportsmanlike conduct: gracious, tolerant and encouraging toward others	Student does not participate. Up to a maximum of five points combined will be deducted from any one PE period.
1 points <i>Letter grade U</i>	Student does not dress out and but has proper shoes to participate.	Student does not participate. Up to a maximum of four points combined will be deducted from any one PE period.	Uncooperative - Argues, complains - Needs supervision to work cooperatively - Disregard for others - Unsportsmanlike conduct/rarely plays fair	Little to no participation in all activities (warm-ups, laps, main activity) to best of ability.
2 points <i>Letter grade D</i>	Wears non gym appropriate clothing. This may include gym shoes, and shorts/jogging pants.	Participates in some of the activity, but struggles to maintain composure. Student was told to get out activity.	Needs reminders to listen & cooperate - Shows enthusiasm at times -Sportsmanlike under supervision - Occasionally plays fair & shows proper etiquette	Below average effort -Some classes not changed -Often late or absent - Supervision often required to stay on task
3 points <i>Letter grade C</i>	Wears some of the appropriate clothing. This includes gym shoes, shorts/jogging pants and t-shirt.	Participates in activities with minimal visible problems.	Very cooperative - Works well with others -Frequently enthusiastic. Displays fair-play, sportsmanship & etiquette in all activities	Does not participate in a portion of the activity due to attitude and/or effort.
4 points <i>Letter grade B</i>	Late getting into squad with the appropriate dress on time. Brings appropriate shoes and active wear appropriate bottoms to class and is ready to work.	Participates in activities with no visible problems.	Always cooperative - Displays positive attitude & enthusiasm - Assists with set-up and take-down of equipment -Displays sportsmanship, fair-play and etiquette at all times	Average effort - Satisfactory performance level - Appropriately changed -Usually participates willingly
6 points <i>Letter grade A</i>	In squad with the appropriate dress on time. Brings appropriate shoes and active wear appropriate bottoms to class and is ready to work.	Provides useful ideas when participating in the group and in classroom discussion. A definite leader who contributes a lot of effort.	Demonstrates excellence in sportsmanlike conduct: gracious, tolerant and encouraging toward others.	Intense effort - Improving fitness level -Always appropriately changed - Participates willingly.

Participating means you actually move and not just stand in one place! You can still lose your points with no effort!!

Daily Standards Grading Scale:

Standard 1: 1pt

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: 1pt

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: 1pt

Participates regularly in physical activity.

Standard 4: 1pt

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: 1pt

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: 1pt

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Assignments/Test Points: Skill tests, written tests and assignment points will accumulate based on the point value for each task.

Grades Based on Points:

Daily Points/Game Play - Student Engagement with Standards: Weight: 25% of grade.

Skill and Performance/Test – Student Mastery of Standards: Weight: 50% of grade.

Participation - Student Progression with Standards: Weight: 25% of grade.

A = 90% 93 to 100 A, 90 to 92 A-
B = 80% 88 to 89 B+, 83 to 87 B, 80 to 82 B-
C = 70% 78 to 79 C+, 73 to 77 C, 70 to 72 C-
D = 60% 68 to 69 D+, 63 to 67 D, 60 to 62 D-
F = less than 59%

Semester grades are the point totals from the 18 weeks.

Student Signature _____ Date _____

Parent Signature _____ Date _____