

# Welcome to Rec Sports

Course Syllabus

2019-2020

**Instructor: Mr. Gianni**

**Room #: 503**

**Office Hours (May change periodically depending on meetings):** After school PE Make-Ups are available by appointment from 2:05-2:35 or at lunch at teacher's discretion. Make - up days will be set by each individual teacher.

## **Course Description: Physical Education Strength & Conditioning Recreational Activities**

**Athletic PE OBJECTIVE:** The objective of the Cactus Shadows High School Physical Education department is for students to develop a positive attitude towards activity and wellness. Students will develop skills and knowledge necessary to participate in life-long leisure activities to aid in healthy productive lifestyles.

**COURSE DESCRIPTION:** Students will develop life-long skills in physical fitness, cardiovascular strength and endurance (mile run and pacer), muscular strength and endurance (fitness testing), nutrition, team and individual sports.

### **Text/Resources:**

1. PE state standards.

**Additional Support and Make-up Hours: MAKE-UP POLICY:** If a student is absent from class for any reason they will not receive any points for those days. Absences and written excuses must be made up to earn participation points back. A student is not allowed to make up points deducted for non-dress, non-participation, or poor sportsmanship. Students may choose one of the following for PE Make-Ups:

- 1) Read and annotate a Current Event article from a reliable source about health issues, nutrition, or general -fitness and fill out the Current Event worksheet available on your teacher's web page. Students may turn in up to 5 Current Event's each semester. **All make-ups and current events for 1st quarter are due by Wednesday, October 2nd by 3PM and 2<sup>nd</sup> quarter Wednesday, December 11th by 3PM.** Any additional make ups need to be done during after school PE make ups.
- 2) After school PE Make-Ups are available by appointment from 2:05-2:35 or at lunch at teacher's discretion. Make - up days will be set by each individual teacher. When attending PE Make-Ups students need to change from school clothes into the PE uniform and meet the teacher on the north wall of the main gym to check in by 2:05 to get credit.

**Required Course Materials: Dressing Out:** You are required to change from your school clothes into proper dress for PE. Students must purchase a CSHS P.E. uniform. Sweatshirts, sweats, tights, leggings, ect... are not acceptable dress. If you forget your uniform, you will rent a uniform for \$1.00 and return it immediately following the class period for laundering by the department. All rentals must be done the first 3 minutes of class and must not make a student late for participation. If you cannot afford a uniform, please speak with your PE teacher prior to the first day of dressing out. Dressing out is non-negotiable. All uniforms must have the student's last name labeled on the clothing. Athletic shoes with laces tied must be worn in all PE classes, no sandals or slip on shoes allowed.

**Identification badges are required for entry into the classroom. Per school policy, all students must be professionally attired (see dress code) and have a current CSHS ID badge on a lanyard around their neck in plain view of all staff.**

**Grading Policy:**

Grades are based on... Students will earn their grade in the following way:

\*Participation-70%

\*Assignments- 10%

\*Final Exam-20%

**TOTAL OF 10 POINTS DAILY:** At any time the teacher may deduct points for inappropriate behavior, poor sportsmanship, non-participation or not following rules of the game.

- **PUNCTUALITY:** Points are awarded for on time attendance, seating facing the front (before and after dressing).

- **WORK ETHIC:** full participation in warm up and class activity. Warm - ups are to be done with effort, correctly and together as a class.

- **CLASS PROCEDURES:** follow directions/procedures including entering and exiting the locker room and dressing out in complete uniform.

**The following procedures are expected of every student:**

- 1) **Exit the locker room fully dressed, shoes included**
- 2) **Begin walking around the perimeter (blue rectangle) of the gym.**
- 3) **When the whistle is blown, begin jogging.**
- 4) **When a second whistle is blown, report to your squad, sitting up, facing forward.**

- **SPORTSMANSHIP:** respectful, appropriate language, safety

- **KNOWLEDGE:** demonstrate understanding of activity by playing a variety of positions and applying strategy and rules

**Miscellaneous Information that will cause -points to be deducted from your grade:**

1. Food, gum and beverages are not allowed in the gym at any time. **No exceptions.**
2. No sagging or rolling of P.E. uniform shorts- dress code will be enforced at all times.
3. Only use equipment when the instructor is present. Students are not allowed to touch any of the equipment that is set up for the day's activity upon entering the class. Students are not allowed into the equipment room unless they have permission.
4. No horseplay. Keep your hands and feet to yourself.
5. Respect everyone's rights, property and feelings.
6. Athletic shoes only on the gym floor. No slippers, boots, sandals, slip ons, dress shoes, flip- flops, crocs, or side tops. Any student not wearing the proper shoes will not participate and therefore lose their points for the day. Make up points are not available for that particular day.
7. Use equipment according to safety rules. Misuse of the equipment will result in a zero for participation for the day and a possible referral may be written as well.
8. Do not leave assigned area without teacher's permission. Any student who leaves the gym for any reason without permission will receive a referral and a zero for the day.
9. Follow instructor's directions at all times. **Once you have been placed on a team no switching is allowed. Switching teams without approval will result in a zero for the day.**
10. All electronics are to be locked in your locker during class.
11. All clothing and shoes must remain on until student is fully inside the locker room.

**Note: We do not assign extra credit to one student, sometimes there may be a bonus question on quizzes or tests.** Grades are located on-line. **It is the student's responsibility to check grades frequently in case of error.**

**Grade Changes:** We will provide many opportunities for students to demonstrate learning throughout the grading period. I have worked diligently to assure that each student is treated equitably. In order to maintain the integrity of grades, requests to change or "bump up" grades will not be considered. A student's grade is a snapshot of mastery of content during a relatively narrow time frame of Semester 1 or Semester 2, and does not represent future potential.

If I have made a clerical error in calculating semester grades, I am able to make the appropriate changes in the next semester.

**Grade Categories and Percentages:**

100% to 90% = A

89% to 80% = B

79% to 70% = C

69% to 60% = D

Below 60% - F

Participation 70%

Homework/Classwork/Quizzes 10 %

Final 20%

**Homework Policy:**

**Attendance:**

Per your student handbook, if a student has an absence he/she will be allowed to make up the work as long as the work is completed in the allotted amount of time (ie two days for each day missed). **Work not turned in due to an absence must be turned in on the day returning to class.** Unexcused absences will result in **NO** credit for the work done in class that day. **This includes assessments. If a student is absent more than ten days during the semester, they may lose credit for the course, per CCUSD policy.**

If you are absent, YOU are responsible for finding out about any make-up work, assignments, or notes. If you have questions or need help with the material that was covered, you will need to attend office hours. If a student is absent on the day of an assessment, the student must make up the test in office ours within two days.

**School Absence Policy**

Students are responsible for contacting teachers to complete missed work. Parents can e-mail teachers to request homework to pick up during a student's absence. For every day of excused absence, a student has two days to make up homework, classwork, quizzes, and tests (parents have 24 hours to contact the school to excuse the absence). Work previously assigned with a due date during an absence is due on the first day of his/her return to school (including suspension dates). Be advised that each department, which assigns extended projects, has specific deadline dates. All make up work from an excused absence is eligible to receive full credit if completed and turned in within the 2 day window. Some courses such as

Honors, Advanced Placement, International Baccalaureate and Dual Enrollment courses have numerous long-term projects or portfolios, which may have absolute deadlines. Students will be advised of these project/portfolio deadlines in the course syllabus or on grading outlines and will be expected to turn in projects/portfolios prior to the designated date for credit regardless of days absent. Assignments, tests, quizzes not completed within the 2 day window will receive a zero. (Ref: Board Policy JH-R)

### **Tardiness:**

There are two ways a student can be tardy for PE.

- 1) Entering the locker room after the bell.
- 2) Arriving at your squad or attendance location after attendance has begun.

Tardy students will lose punctuality points and may have a classroom consequence as well. The CCUSD Tardy Policy is followed.

### **Class Expectations:**

**Hygiene:** Students may shower at the end of the class period, but showers are not required. Time will be allotted for students to shower as long as they prearrange it with the teacher. Showers are recommended for good hygiene. You will be responsible for bringing your own towels and hygiene products.

**Locks and Lockers:** Each student will be issued a locker with a combination lock on it for his/her use during any Physical Education class. If the lock is broken or lost, the student will pay a \$10.00 lock replacement fee. Do not share your combination with anyone! Be responsible for your personal belongings. **KEEP YOUR LOCKER LOCKED WHEN YOU LEAVE IT FOR ANY REASON.** (Examples: dressing out, using the restroom, showering, etc.) **DO NOT LEAVE VALUABLES OUT OF YOUR LOCKER IN YOUR BACKPACK.** Do not share lockers unless your teacher assigns you a locker partner. The locker room will be locked once the final bell rings and class officially begins. Students will not be able to enter locker room once class has begun unless escorted by teacher or security. **CACTUS SHADOWS HIGH SCHOOL IS NOT RESPONSIBLE FOR STOLEN PROPERTY.** Lockers are for you to leave your PE clothes in when you are not in class. Do not leave other items in your PE locker (books, lunch.....).

**Locker Room:** The locker room is to be kept clean. Put your trash in a trash can. Walk in the shower area and locker room to prevent accidents. Do not bring food or drink into the locker room or gym. Any destruction of Cactus Shadows property will not be tolerated.

**Injuries and Doctors Notes:** Report all injuries to the instructor immediately. Give all doctor and parent notes to the teacher when you enter the locker room. A doctor or athletic trainer's note are the only acceptable excuses for non-participation. All other notes will require a make-up day and the student will be given a zero (0) for the day until the activity is made up

during the teacher's office hours. If a student has a doctor's note stating that they are injured and unable to participate for more than a week the student will be required to complete a portion of an online course. For each week the student has the doctor's note, they will be required to complete 10% of the course. Participation points are awarded based on the grade from the online course.

If you have an inhaler you must have it with you at all times and the nurse must have the paper work filled out in the office. A student will not be able to earn credit for an activity-based class without full participation.

**Quality of Work: We can add what we want from the kids in regards to current events?**

#### **District Policy JK-R**

A student may be subject to disciplinary action when the student engages in any of the following forms of academic misconduct:

- **Lateness** - For missing or leaving school or class without permission or excuse.
- **Cheating** - Including but not limited to copying, using unauthorized help sheets and the like, illegally obtaining tests in advance, substituting for a test-taker, and other forms of unauthorized collusion.
- **Plagiarism** - Representation of the ideas or work of another person as his/her own.
- **Collusion** - Supporting malpractice by another student as in allowing one's work to be copied or submitted for assessment by another.
- **Duplication of work** - Presentation of the same work for different assessment components and/or requirements.
- **Fabrication of Data** - Manufacturing data for a table, survey, or other such requirement.
- Any behavior that gains an unfair advantage for a student and/or affects the results of another student.

Cactus Shadows High School takes academic dishonesty seriously. Any violation of this policy will result in a zero for the assignment/assessment for a first offense, a zero for the assignment/assessment and short term suspension for a second offense and a loss of credit for the semester course (.5) and short term suspension for a third offense.

Students who share assignment/assessment information with other students via pictures, paper or electronics will receive a zero on the assignment/assessment and a short term to long term suspension (prior academic misconduct referrals from any other school or CCUSD grade level will be considered).

**Cheating/Plagiarism:**

Under **NO** circumstance are students allowed to “share” answers on assignments, warm ups (bell-work), labs, quizzes, or tests. Additionally, students should not be in possession of other students’ papers. The use of textbooks or “cheat sheets” for tests or quizzes is also not permitted. Students will receive **NO CREDIT** for any of the items described above, as well as, for talking during a quiz or test. Whenever two people are involved in a cheating episode, **BOTH** the person providing the answer and the person receiving the answer will earn **NO CREDIT**. Parents will be notified and a referral to the appropriate administrator will be written. A second offense may result in a short term suspension for up to nine days, as per CCUSD policy.

**Students Leaving Class:**

Passes will not be given the first ten minutes or the last ten minutes of the class period and students are to be gone longer than ten minutes. Please use passing periods wisely and take care of personal matters. Also bring everything you need to class.

**Electronic Devices:**

Classrooms are designated as ‘No Phone Zones. Cellphones, ear buds, AirPods, or any other electronic devices are not to be seen or used in classrooms for any reason other than teacher requested academic activities. Upon entry into the classroom, students should turn off and stow all devices in their backpacks or in the container provided by the teacher. If you bring your cellphone, earbuds, or AirPods to school and they are damaged or lost, the school and teacher cannot be held responsible. Recording any activities in class without the express permission of the teacher and other students is prohibited and subject to a discipline referral. .

**Guest Teachers:** We value our Guest Teachers. The expectation is that our students treat our guests with the highest level of respect and support. Students who do not exhibit **FALCON PRIDE** while in the classroom with a guest teacher \_\_\_\_\_

I am here for YOU!!! If you do not understand something, need extra help, or want to review, please come to me. You may call or email me. I will make every effort to help you. You just have to let me know.

**Disclaimer:** Course information listed in this syllabus is subject to change at the discretion of the instructor. The instructor will explain the rational for any variance as it occurs.

**Return this Page with Signatures Tomorrow**

I have read all pages of \_\_\_\_\_ syllabus and understand and accept the policies and procedures outlined there in.

Are there any medical conditions we should be aware of:

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Sports or extra-curricular activities

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Please print this page. By signing this syllabus, I acknowledge that I have read and gone over the PE expectations with my student. The syllabus serves as your student's warning.

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Student Name (please print)	student signature	Date
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Parent(s) name(s) (please print)	email
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Parent Signature	Phone Number
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