

# SADDLEBACK HIGH SCHOOL PHYSICAL EDUCATION SYLLABUS 2014-2015

**COURSE OBJECTIVES:** Includes physical fitness training, individual and team sports, games and nutritional topics. Activities promote skill development, sportsmanship, good health, body mechanics and the value of physical exercise. Grades are based on daily participation, skill levels, knowledge, attitude, and the ability to meet individual responsibilities, including dressing out.

## **SHS PE STAFF:**

Sandra Corr, Dept. Chair                      Rod Pesak  
Alexandra Bravo                                  John Young

Women's PE Office: 714.569.6386  
Men's PE Office:     714.569.9552  
Athletic Equipment Mgr. 714.569.9549

**SHS PHYSICAL EDUCATION UNIFORM:\*     Shirt: \$10.00     Shorts: \$10.00**

Your instructor will do all marking in black permanent pen. **Students are not allowed to make any markings on their uniforms.** This will result in the purchase of a new uniform. Uniforms are available all year long at the ASB window.

**PROPER ATTIRE:**     **Our goal is to have a neat, uniform appearance as a safety measure.**

Shorts: Are to be worn at **proper waist height**. No sagging or rolling shorts.

Shoes: Wear safe **athletic shoes**. No boots, heels, sandals or platform tennis shoes.

Socks: Should be worn.

Sweats/Sweatshirt: For cold weather use and are **ONLY IN THESE SOLID COLORS: green, gold/yellow or gray.**

## **LOCKS/LOCKERS:**

Students will be issued a locker during the first few weeks of school. They are expected to record the combination in their planners and memorize them as well as give the combination (or extra key for key locks) to the locker room attendant. Cash or other items of value, such as phones, should be locked in their PE locker during class.

Students will be held accountable for their valuable missing items if not locked in their locker at the start of class.

The school district is not responsible for lost or stolen items in the locker room.

**AEROSOL/SPRAY DEODORANTS ARE NOT ALLOWED!!!**

## **BEHAVIOR EXPECTATIONS:**

The following behaviors are **NOT** allowed in the locker room: food, drink, and running, horseplay, loitering after dressing, throwing items, profanity, and loud noise. **No standing on benches in the locker rooms.**

## **LOANER CLOTHING:**

Loaners are required and provided to students who have forgotten their P.E. clothes. A SHS I.D. is required to borrow loaners. Students will be only allowed to use loaners three times a quarter without penalty. After that they will be marked down as a Non-Suit, but will still be required to dress.

## **EQUIPMENT USAGE:**

Damage of equipment: call home immediately, possible financial reimbursement and/or exclusion from further participation in that activity.

## **GRADING:**

A student's Physical Education grade is based on: proper uniform, daily effort, participation, attitude towards activities, peers and instructors, improvement and mile runs/assessments/final exams.

### **Physical Education Grading Scale**

100-90 = A  
89-80 = B  
79-70 = C

**Citizenship** is determined by a student's **attitude and behavior in class**

O = Outstanding  
S = Satisfactory  
N = Needs Improvement

69-60 = D  
59- 0 = F

U = Unsatisfactory

**WEEKLY PARTICIPATION:**

Each student is required to dress in an **SHS Physical Education uniform/or the appropriate colors (green/gold/gray)** and participate in the scheduled activity, except when severely ill or injured. The SHS Physical Education program is based on participation on a daily basis. **Each day a student is absent, a written assignment must be completed to earn that day's points as described directly below:**

**WRITTEN ASSIGNMENTS:** To make up for an absence, students will write a one-page paper in by hand. The first paragraph will summarize a current article from a newspaper about a sporting event. The second paragraph will state what the student learned from the article, what his opinion is about the event, and what his feelings are about the event having experienced it from the written article.

**NON-PARTICIPATION EXCUSES:**

If a student is not able to participate in class due to an illness or injury, a note from home is required. The student will be **required to dress** for class, with their participation level modified. Notes from home are only **good for a maximum of 3 days**. **If the condition lasts more than 3 days, a doctor's note is required.** Excused, prolonged non-participation may result in an alternative and relevant assignment.

**MILE RUN:**

All classes run the mile one day a week. All students must complete all of the recorded runs per quarter. Time standards are set according to the California fitness standards. The student will be evaluated based on his starting fitness/ability and improvement therein.

- A points if the standard is met
- B points if best effort but the standard is missed
- C points if the student misses the standard due to walking
- D point for little or no effort
- F points for no attempt

Students have 2 weeks to make up any missed run due to absences, illnesses or injury before their grade is affected.  
Mile make up will be determined by individual teachers.

**Important note: No technology of any kind will be permitted to leave students' lockers (including headphones). If a student persists in breaking this rule after one warning, there will be consequences in accordance with his/her actions.**

**EXTRA CREDIT:**

Extra credit is available for participating in any of our local 5K's/10K's. Please bring us your running number and finish time the next school day for 2 points.

----- CUT HERE AND RETURN THE SIGNED PORTION-----

I have read and understand the SHS Physical Education Grading Policy & Rules.

Print Student's Name \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_