

NAME _____

PERIOD _____

TEACHER _____

**OPEN DISCLOSURE DOCUMENT
PHYSICAL EDUCATION
SKILLS & FITNESS, LIFETIME ACTIVITIES
HIGHLAND HIGH SCHOOL**

TEACHERS: BRODY BENSON, ALDO GUTIERREZ, TOM KINGSFORD, PAUL TATE

COURSE DESCRIPTION: THESE COURSES WILL FOCUS ON FITNESS THROUGH A WIDE VARIETY OF TEAM AND INDIVIDUAL ACTIVITIES. THE ACTIVITIES MAY INCLUDE KANAKI, SOCCER, BASKETBALL, VOLLEYBALL, ULTIMATE FRISBEE, TENNIS, BADMINTON, EXERCISING DVD'S, & FITNESS CENTER.

EVERY QUARTER THE PACER TEST AND/OR FITNESS GRAM WILL BE ADMINISTERED.

PACER TESTS: Students will develop fitness through running, push-ups, sit-ups, and flexibility. Pacer test will test aerobic fitness test. Flexibility, Upper body strength and abdominal strength will be tested by sit & reach, push-up and sit-ups from the Fitness Gram.

Course Objectives:

Students will demonstrate an awareness of team play through participation in team sports.

Students will demonstrate increased skills in all sport activities taught in class.

Students will demonstrate improvement in the following areas: Strength, Muscular endurance, Cardio-vascular, fitness and agility.

Students will demonstrate a healthy attitude toward Physical Education and Recreation.

Students will demonstrate an increase in knowledge of rules and strategies employed in playing individual and team sports.

Students will demonstrate respect for other students and an appreciation for their skill levels.

Students will demonstrate knowledge of fitness terminology.

Timelines for Objectives: Students will meet the objectives dealing with skills and knowledge by the conclusion of each unit. Objectives dealing with attitudes will be demonstrated at various intervals throughout the year. Students will demonstrate an understanding of fitness principles as they are presented during the year.

Learning Activities:

Instructor demonstrations and explanations.

Drills implementing various skills.

Participation in various Physical Education activities.

Performance testing.

Knowledge and strategy testing.

Video Presentations.

Student mentoring and cooperative learning.

Performance requirements:

Students will dress in appropriate Physical Education attire.

Students will be on time.

Students will give their best effort.

Students will respect others and their feelings.

Special Rules and Regulations:

1. Students who are not dressed appropriately will not be able to participate in daily activities.
2. Unexcused non-dressers will not be allowed make-up privileges.

3. Excused absences must be made up within 5 school days unless illness or injury make it impossible to meet this deadline.
4. Appropriate dress includes a black or grey t-shirt, shorts or sweats, socks and non-marking tennis type shoes. Yoga pants must have shorts over them. **DRESS MUST FALL WITHIN THE SCHOOL DRESS CODE.**
5. Roll will be taken at the beginning of class, as well as at the end of each class. Students who miss either roll will be marked for an unexcused absence or sluff. Students are given 5 minutes at the beginning of class to dress for PE and **UP TO 10 min** at the end of class to change.
6. Students not participating will be given an area to sit in and many not leave that area without the teacher permission. Students who leave the area will be marked with an unexcused absence or sluff.
7. Not participating in any of the Fitness Gram testing will be left to the discretion of the individual teacher.
8. **ELECTRONIC DEVICES**—Board Policy S-11 states “Devices must remain out of sight during instructional time AND be turned off or on silent mode.” Students will have the option of securing their own device or items will be collected and locked up for convenience & safety. If the student chooses to use electronic devices/phones during class the student will forfeit their **TOTAL DAILY** points.
9. No food or drinks other than water in a plastic container with a screw top lid.
10. All Highland athletes on game days are expected to dress for class and participate.

Grading:

Rationale: Grading in Physical Education is based on both student participation and performance on fitness and skills test. Participation & dressing will comprise of 75% of the grade and the Fitness Gram will make up the remaining 25%. The emphasis on participation is to encourage the less skilled student to make the effort to try the various activities with the emphasis on effort to increase performance. Students are also expected to meet minimum levels of fitness in previously mentioned areas or show improvement throughout the year.

Definition of Non participation: Non participation consists of absences (even if excused), not dressing for or participating in class (effort). Leaving the class without permission also applies.

Participation Points: The student will earn 10 points every day for being dressed in PE attire, on time and participation in class activities including warm-up, dynamic stretching, fitness drills and sport activities. Being tardy will result in the loss of 5 points. Absences and not dressing will result in a loss of 10 points **EACH! ONLY THREE (3) EXCUSED ABSENCES CAN BE MADE UP PER QUARTER.**

PE Make-up: The student will have the opportunity to make up excused absences/excused non-dresses 4 times per quarter on scheduled make-up days after school under the supervision of a selected PE Instructor.

FOLLOWING THE HIGHLAND ATTENDENCE POLICY, STUDENTS ARRIVING 10 MINUTES OR MORE LATE FOR CLASS WILL BE CONSIDERED ABSENT.

GRADING SCALE:

A 95-100 %	B- 80-82%	D+ 67-69%
A- 90-94 %	C+ 77-79%	D 63-65%
B+ 87-89%	C 73-75%	D- 59-61%
B 83-85%	C- 70-72%	F BELOW 59%

PARENTS SIGNATURE _____

STUDENTS SIGNATURE _____

