

PHYSICAL MANAGEMENT

PEH 251/252 • Semester, year

Teacher name

email: Dkowalkowski@student.leyden212.org
 available days and hours: M-F Periods 3, 6 & 7

Course description*

Students learn principles of physical education and nutrition to gain understanding of physical well-being. Students learn to create and manage a healthy lifestyle.

Credit weight*

College Prep

[Link to published core curriculum map*](#)

Priority Standards*

Semester 1	Semester 2
Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.	Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.
Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics related to physical activities.	Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics related to physical activities.
Students know and apply fitness concepts to the five components of health-related fitness.	Students know and apply fitness concepts to the five components of health-related fitness.
Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.	Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.
Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, that lead to an active lifestyle.	Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, that lead to an active lifestyle.

Grading Categories*

(Common for all instructors of this course)

Category Percent Weights*

(Common for all instructors of this course)

<u>Participation</u> - Includes warm-up, aerobic, and activity effort, as well as coming to class dressed in proper PE uniform THIS WILL BE OBJECTIVELY ASSESSED THROUGH THE USE OF POLAR HEART RATE MONITORS	60%
<u>Quizzes</u> - Objective tests and activity skills	20%
<u>Homework</u>	20%
<u>Final</u> - Pacer run, essay questions, and multiple choice	* Worth 20% of overall grade

Materials Needed:

- Participation in PE requires students to be dressed appropriately for activity. The guidelines for PE uniforms are as follows:

- A “Leyden” physical education t-shirt and shorts or sweatpants.
- Athletic socks and gym shoes.
- Students who fail to bring their uniform to class may rent with a student ID for that day.
- **Rentals will only be available on the first day of the week, with their current Student ID.s.**

- Polar Heart Rate Strap \$15

Non-dress Procedures::

For each class the student does not wear the proper PE uniform (Non-Dress), the student’s participation grade for that grading period will be deducted 20%. This will result in a 5% deduction of the student’s total participation grade for the semester.

- | | |
|---|--|
| 1 st & 2 nd Offense | - Student is warned of consequences. Points deducted. |
| 3 rd Offense | - Teacher sends report home and contacts parents. Points are deducted. |
| 4 th & 5 th Offense | - Points deducted. |
| 6 th Offense | - Teacher sends report home and contacts parents. Points are deducted. |
| 7 th Offense | - Counselor sends report home and contacts parents. Points are deducted, and student is given final warning. |
| 8 th Offense | - Student will be withdrawn from class, receive a TF and placed in Study Hall for the remainder of the semester. |

Make-Up Policy:

Each non-dress can be made up and the deduction will be nullified. It is important to make up the missed activity time by attending a supervised make-up session (this must be with **your teacher**) during ACCESS, Period 0, or Period 11. The student will be required to jog for 20 minutes.

Non-dress make-ups are the responsibility of the student and must be made up within the current progress report grading period.

Non-dresses NOT made up within this timeframe will permanently affect the students’ grade.

Tardy Policy:

Student need to be in the locker room at the start of the period. Doors will lock at the start bell. Students tardy to the locker room without a pass will report directly to the field house/Auxiliary Gym and receive a Non-Dress for that day.

Locker and Lock Registration Policy

Each student is assigned a physical education locker each semester. Students are reminded to keep lockers locked at all times and not to share lockers. Leyden or the Physical Education Department does not assume liability for lost or stolen items. During the last week of each semester, students are asked to remove all belongings from their lockers. If items are not removed, locks will be cut and items found in the lockers placed in the lost and found in the physical education area for a two-week period. Locker rooms will be locked each class period for security. Any destruction, tampering or theft of Leyden property or other student's personal property will be subject to school discipline. Consequences will include the student being reprimanded and immediate referral to the school/police authorities.

***** It is strongly recommended that students do not bring any items of value to the PE locker room. As stated above, Leyden and the Physical Education Department are NOT responsible for lost or stolen items. This includes: Chromebooks, cell phones, calculators or other valuable items. Most thefts are a result of students failing to lock or secure their lockers, so students are encouraged to make sure their belongings are in their lockers and their locks put in place. *****

Medical Excuse Policy:

The Physical Education Department does not accept notes from parents that excuse their sons or daughters from PE or interpret notes from doctors. The PE teachers send students to the nurse, and she excuses them from PE. The nurse is responsible for diagnosing a student's health and interpreting a note from a student's doctor. The nurse then provides a medical excuse with a recommendation to the PE teacher. If necessary, the teacher will provide the student with an alternative assignment for assessment.

Other information:

- Units:

1. Muscle Anatomy
2. Health Related Fitness Components
3. FITT Principles (Cardio and Weightlifting)
4. Individual Exercise Plan Project
5. Nutrition
6. Food Label
7. Recipe Project

*** Other fitness/nutrition related topics

Example of weekly schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio Respiratory Endurance	Muscular Strength	Flexibility/ Anaerobic Training	Muscular Strength	Muscular Endurance OR Classroom