

# FRESHMAN/SOPHOMORE PE (GIRLS)

Teacher name: D.Kowalkowski

PEH 161/162 • 2017-18

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

## Course description\*

A variety of physical activities are provided for freshman and sophomore students including instruction in sport techniques for both team and individual sports. The development of personal physical fitness is well integrated into the program. Cooperation, trust, group dynamics, and decision-making are emphasized.

## Credit weight\*

College Prep

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

## Priority Standards\*

Apply rules to conduct physical activities safely.

Demonstrate good sportsmanship through communication and decision-making.

Learn and demonstrate concepts needed to engage in health- enhancing/lifetime physical activity.

Analyze individual fitness level to establish a benchmark or set improvement goals for future fitness tests.

Participate in the following types of activities: Aquatics, Individual and Team Sports, Team Building, and Weight Training.

## Grading Categories\*

(Common for all instructors of this course)

## Category Percent Weights\*

(Common for all instructors of this course)

Participation - Includes warm-up, aerobic, and activity effort, as well as coming to class dressed in proper PE uniform

70%

Quizzes - Objective tests and activity skills

20%

Homework

10%

Final - Pacer run, essay questions, and multiple choice

\* Worth 20% of overall grade

**Leyden High School D212 Common Grading Scale\*: 90 - 100 A; 80-89 B; 70 - 79 C; 60 - 69 D; Below 60- F**

## 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.
- The student’s last name must be neatly printed on all pieces of the uniform. Graffiti on uniform will not be permitted and a new uniform will be required.
- 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.**
- The uniform may not be worn over street clothes.

## 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.

- 1st Offense - Student is warned of consequences. Points deducted.
- 2nd Offense - Teacher sends report home and contacts parents. Points are deducted.
- 3rd Offense - Points deducted.
- 4th Offense - Teacher sends report home and contacts parents. Points are deducted.
- 5th Offense - Counselor sends report home and contacts parents. Points are deducted, and student is given final warning.
- 6th 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.

## CELL PHONE

**NO CELL PHONES ARE PERMITTED IN THE LOCKER ROOM, THEREFORE THEY WILL NOT BE ALLOWED IN PE CLASS.**

## LOCKER ROOM 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.

