

Instructors:

Mrs. Janssen

Email:ajanssen@maxwell.k12.ca.us**Phone:**

530-483-2291 ext. 12108

Course Description:

Physical Education classes are designed to practice and develop skills in activities that will help you maintain fitness throughout your life. During the year, you will set and monitor personal fitness goals that will aid in the development of a personal fitness plan. Periodically, throughout the year, fitness levels will be assessed in the following areas: cardiovascular endurance, flexibility, muscular strength and muscular endurance. Through these assessments we will develop a baseline in which we will use to set personal fitness goals. We will explore fitness activities designed to improve all areas of fitness. Our goal is that by the end of the year you will be able to calculate target heart rate and design workouts to maintain personal fitness levels that meet your specific fitness goals.

Course outline:

- Assess your personal fitness levels through implementation of a variety of fitness tests.
- Set and evaluate personal fitness goals.
- Design a safe and effective workout plan to attain personal fitness.
- Understand the difference between anaerobic and aerobic activities as well as the importance of incorporating each into a fitness plan.
- Describe the physiological and psychological effects of exercise.
- Identify fitness components and understand how they are essential to a balanced and well-rounded fitness plan.
- Develop individual skills associated with teamwork, problem solving and leadership.

Physical Activities:

- Soccer ○ Recreation Games
- Fitness testing ○ Football
- Badminton ○ Basketball

- Strength Training ○ Cardiovascular training
- Others?

Materials needed for this course:

- You are **REQUIRED** to be prepared for class each day by having a change of clothes, which allows you to function athletically and promote good hygiene.
- Appropriate clothes include: shorts, t-shirt, sweatshirt/pants and tennis shoes.
- Failure to dress appropriately will have a negative impact on your grade. You will lose one point for the day.
- Students will be expected to use a lock to ensure that personal items will not be stolen. The school will not be responsible for lost or stolen items.

Grading:

Attendance and participation are extremely important in this class. Students earn 4 daily points based on participation in activities and changing clothes.

A+ = 97 - 100 A = 94 - 96 A - = 90 - 93

B+ = 87 - 89 B = 84 - 86 B - = 80 - 83

C + = 77 - 79 C = 74 - 76 C - = 70 - 73

D+ = 67 - 69 C- = 64 - 66 D - = 60 - 63 F = 59 and below.

4 points a day: 1 point for each of the following: dressing down, participation, being present and attitude.

Unexcused absences: Students will not be able to make up points lost due to unexcused absences.

Classroom Rules

1. Be On Time. (Students have 5 minutes after the bell to change
2. Be Prepared. (Students are required to wear tennis shoes and clothing that is appropriate for exercise.)
3. Follow teacher directions the first time they are given.
4. Respect your teacher and classmates in words and actions.

1st incident results in a student-teacher meeting to discuss a behavior plan.

2nd incident results in parent contact and the development of a behavior plan.

3rd incident results in a meeting with the administration.

* Behaviors that are safety issues may result in immediate removal from class.

Our School's Anti-Bullying Rules:

1. We will not bully others.
2. We will try to help students who are bullied.
3. We will try to include students who are left out.
4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home.

Cell phones/Electronic Devices:

Cell phones and other electronic devices are **NOT** to be brought to physical education class, unless directed by the teacher to do so. Electronic devices are **NEVER** to be used in any locker rooms or restrooms. Failure to comply with this procedure will result in a behavioral referral.

Requirements: Student participation is a must! This is an activity-based class therefore students should expect to be active during the class period. Students should be prepared to openly experience new activities. Remember to be safe, responsible, respectful and have fun.

Tear off this page and keep the syllabus for future reference.

* Please sign and date in the spaces below and return it by Monday August 18th.. Your signature implies that you have read and understand the expectations of this class and will put forth full effort to follow the expectations. If you have any questions/concerns, please do not hesitate to contact your teacher.

Student Signature _____

Parent/Guardian Signature _____