**CHAPARRAL HIGH SCHOOL**

**PHYSICAL EDUCATION**

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**PHILOSOPHY**

Physical Education may be the most important class in which a high school student enrolls. All of the positive benefits of physical activity are well documented, including increasing performance in academic curriculum, reducing stress, improving attitudes and improving social skills. With what we know about the current state of our youth, physical education may be the key to students living a more productive life for years to come. The Physical Education program at Chaparral is designed to give students an opportunity to learn basic skills in a multitude of lifelong sports. We strive to improve each student’s health and fitness level while establishing the knowledge and habits that will result in a long, successful, happy and healthy life.

# UNITS

The units offered are designed to provide the basic skill level to compete and enjoy the games while improving conditioning at the same time. Exercise is best when it is enjoyable, and studies show that athletic games are one of the longest lasting forms of exercise. The following are some of the units that may be offered throughout the year:

BASKETBALL FLAG FOOTBALL SOFTBALL WHIFFLEBALL SOCCER

VOLLEYBALL CIRCUIT TRAINING TENNIS ULTIMATE FRISBEE OVER-THE-LINE

FITNESS/YOGA PICKLE BALL BADMINTON TEAM HANDBALL TRACK & FIELD

The units are linked to the Arizona Standards for K-12 Physical Education. It is our goal to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

**Standard 1.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2**. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3**. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4**. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5**. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

# EXPECTATIONS

\*Be here on time \*Respect others and their property

\*Dress out properly in your un-altered school uniform \* Have fun

\*Participate to the best of your ability

# CLASS TIME

After the bell rings to start class, each student has five minutes to dress out, use the restroom, and get to their attendance spot in the gym. Students should only use the restroom before or after class.

Attendance is taken, and eight to ten minutes of stretches, exercise and running take place. These ten minutes will include a variety of activities that will vary throughout the course of the semester. Each activity will focus on overall fitness and health.

Students will then participate in an organized unit activity. Generally, these units will involve two or three days of instruction and rules/skill acquisition, followed by ten to fifteen days of competition and tournaments. Students will then have five minutes to clean up and change back into school clothes. Longer time is given for students that would like to shower.

**GRADING**

Students are graded using a 4 point rubric across five categories, for a total of 20 points. We will use a running score for grading throughout the semester. SEE ATTACHED RUBRIC ON LAST PAGE

**DRESS OUT**

Students are expected to wear the school-issued physical education uniform. The uniform should not be altered in any way and be worn as the manufacture designed. Laced up athletic shoes are to be worn at all times during the class. Appropriate (according to dress code) Hats and sunglasses may be worn outside during class. Excessive/protruding jewelry or hairpieces are not to be worn.

**STUDENTS MUST DRESS OUT EVERY SINGLE DAY, EVEN IF THEY ARE UNABLE TO PARTICIPATE.**

**PARTICIPATION**

The student is given five **excused non-participation** days each quarter that will not count against their grade. Every day that the student is absent or not able to participate beyond the five must have those days made up. The student’s grade will begin to drop one rubric point for each day missed after five. The days missed can and should be made up. If the miss is to participate in ANY school function, it will be counted as ½ an absence. NO other teacher can excuse the student from class without **prior** approval from that teacher.

**EFFORT**

Students are expected to give a worthy effort during the entire class period. This includes stretches, exercises and activities. If a student is not giving a concerted effort at any time, a point will be deducted from the rubric.

**KNOWLEDGE**

Students will be tested on the rules and strategies for a variety of sports and activities. Tests may be written, oral, skill or observation based. Students should also demonstrate knowledge of safety and proper etiquette during the class. Unacceptable etiquette would include having drink, food, cell phone OR GUM; being late to attendance or activities; not having a school issued lock on a locker, or any other action that would hinder the educational progress of the class. **We do not allow cells phones in class. They must be locked up in their locker.**

**SOCIAL INTERACTION**

Because students will consistently interact with each other during class, they will be expected to do so in a positive manner. Points will be deducted for poor sportsmanship, poor language, and disrespectful behavior to others, or anything else that could be deemed irresponsible social interaction. This would also include showing any disrespect toward school or personal property.

**FINAL EXAM**

The final exam may count for 10% of the semester grade. The exam will also be scored on a 4 point rubric.

**TARDY/ABSENCES**

All students are to be in their designated spot for attendance. A student will be considered tardy if they are not where they are supposed to be at the time attendance starts. **As per district policy: TEN tardies or TEN absences will result in NO CREDIT.**

**HAVE FUN**

OK, no points deducted for not having fun, but we hope that Physical Education will be a break from the classroom, homework and tests, and will allow for some beneficial fun during the school day. If you have fun being active, we hope that you will stay active for life.

**CLASS MAKE-UPS/REDO**

On designated Wednesdays, after school make-ups will consist of a series of running, push-ups and sit-ups. The make-up rules are the same as the class rules, including dressing out. Make ups are for infractions only, not for extra credit. Only one make-up is permitted per Wednesday. Make-ups are a privilege, if this privilege is abused, make-ups will no longer be available. Make-ups in the morning may be available if pre-arranged with the teacher. **One make-up is equal to one rubric point.**

**WRITTEN MAKE-UPS**

With teacher pre-approval, students may have the opportunity to **hand write** papers to add points to their grade. *This is for rare or unusual situations when a running make-up is not possible* and **ONLY** with teacher approval. One 1 1/2 page hand written make-up is equal to one rubric point.

**INJURIES/ILLNESS**

Students who are unable to jog for 5 minutes, will need a note from a doctor. The physical education staff will work with the student to accommodate the injury/illness for short term issues. Students who are unable to participate in ***any*** Physical Education activities for 15 consecutive days may not earn credit.

**PROTOCOL**

Because we strive to make students responsible, and to learn how to handle difficulties on their own, we strongly urge the following protocol to address any issues.

1. A student should first discuss any problems directly with the teacher.
2. If the issue still lingers, then the student should have a parent contact the teacher directly, email is generally best. Almost all concerns will be resolved by this point.
3. The student and parent can request a meeting with a counselor.
4. Only after these steps have been exhausted should an administrator be contacted.

This serves two purposes, the student learns responsibility and proper chain of command, and the administration is not spending valuable time unless it becomes a necessity.

# LOCKS AND LOCKERS

Physical Education lockers will be assigned to each student. DO NOT SHARE LOCKERS. As per school administration and security policy, only school issued locks will be allowed on the lockers. Locks are available in the student activity center and from the teacher. Locks are used for the entire year, and require a $5.00 rental fee. These locks are to be returned at the end of the year.

Although the locker room may be locked during class time, it is imperative that students **LOCK UP ALL OF THEIR BELONGINGS!!!** Failure to do this means items will disappear!

**GRADES ONLINE**

Grades are posted online and are “live”, so when we change a grade it will be changed in studentvue and parentvue. On-line grades will show a **category** in the assignment section, and display any points lost or gained for that category. In the notes section the reason for the change will be listed. The total points, when added from each category, will equal 20. The date will be the last date of the term and the points will be an accumulation of all points lost or gained for that semester. **Studentvue and Parentvue are also available for your smartphone.**

**GRADING RUBRIC**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***CATEGORY*** | ***4*** | ***3*** | ***2*** | ***1*** | ***0*** |
| *DRESS OUT/UNX ABSENCE* | DRESSED OUT PROPERLY IN PE UNIFORM EVERY DAY, 0 UNX | 1 DAY NOT DRESSED (ND) OUT IN PE UNIFORM OR 1 UNX | ANY COMBINATION OF TWO ND AND/OR UNX | ANY COMBINATION OF THREE ND AND/OR UNX | ANY COMBINATION OF FOUR ND AND/OR UNX |
| *PARTICIPATION (absent, hurt, ill or not participating for ANY reason)* | DID NOT/COULD NOT PARTICIPATE 0 TO 5 DAYS | DID NOT/COULD NOT PARTICIPATE 6 DAYS | DID NOT/COULD NOT PARTICIPATE 7 DAYS | DID NOT/COULD NOT PARTICIPATE 8 DAYS | DID NOT/COULD NOT PARTICIPATE 9 OR MORE DAYS |
| *EFFORT DURING WARM UPS AND ACTIVITIES* | CONSISTENTLY GIVES GOOD EFFORT | DOES NOT GIVE EFFORT ON 1 OCCASION | DOES NOT GIVE EFFORT ON 2 OCCASIONS | DOES NOT GIVE EFFORT ON 3 OCCASIONS | DOES NOT GIVE EFFORT ON 4 OR MORE OCCASIONS |
| *KNOWLEDGE OF RULES (inc. lock, phone and location in att. line)* | CONSISTENTLY DEMONSTRATES KNOWLEDGE OF THE RULES | DEMONSTRATES KNOWLEDGE OF THE RULES ALL BUT 1 TIME | DEMONSTRATES KNOWLEDGE OF THE RULES ALL BUT 2 TIMES | DEMONSTRATES KNOWLEDGE OF THE RULES ALL BUT 3 TIMES | FAILS TO DEMONSTRATE KNOWLEDGE OF THE RULES 4 OR MORE TIMES |
| *RESPONSIBLE SOCIAL INTERACTION, ATTITUDE , CLASS PERFORMANCE, LANGUAGE, ETC.* | CONSISTENTLY SHOWS POSITIVE SOCIAL INTERACTION AND PERFORMANCE | FAILS TO SHOW POSITIVE INTERACTION AND PERFORMANCE 1 TIME | FAILS TO SHOW POSITIVE INTERACTION AND PERFORMANCE 2 TIMES | FAILS TO SHOW POSITIVE INTERACTION AND PERFORMANCE 3 TIMES | FAILS TO SHOW POSITIVE INTERACTION AND PERFORMANCE 4 OR MORE TIMES |
|  |  |  |  |  |  |
|  | **GRADE** |  |  |  |  |
|  | **18-20 = A** |  | **Make ups can be done up to three Wednesdays from assessment date for full credit. Written work must be made up within five days.** |  | **IF WARRANTED, MORE THAN ONE MARK CAN BE ASSESSED PER DAY AND/OR CATEGORY** |
|  | **16-17 = B** |  |  |
|  | **14-15 = C** |  |  |
|  | **12-13 = D** |  |  |
|  | **BELOW 12 = F** |  |  |  |  |

Please cut and return bottom signatures

I ­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_read the syllabus and understand the expectations of the Physical Education class.

Student name (print)

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Parent Signature Date Student Signature Date