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PE Survey I/II
Course Syllabus
<http://www.sbcusd.k12.ca.us/pacific>

Pacific High School
2008-2009

Course Description:

High School Courses 1 and 2 provide the foundation for high school instruction. Students develop proficient movement skills in each area of physical education; they expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities. Students at this level will concentrate on the mastery and strategy of skills involved with lifetime activities, team sports, dual sports, individual sports, health, aquatics, and fitness.

Standards:

- State Blueprints: <http://www.cde.ca.gov/challenge/pe.html>

Requirements:

- All students must take and pass 4 years of Physical Education or 2 years with passing of the Fitness Test to graduate
- Notebook with three-ring binder or 3x5 note pad
- Research, writing assignments, and a portfolio
- Shirt, Shorts, & Sweats (Athletic Clothing) - Black, Gray, White, or Purple
- Shoes - STURDY LACED TENNIS SHOES (no boots or sandals) sandals ok for pool only

****PE clothes are available for purchase at the Book Keeper's office.** \$25.00**

Dress Rules:

- Students must dress in their required uniforms daily. A student NOT dressed out, or not dressed properly will have a difficult time with the activities.
- To check out Loaners, a student must provide Student ID.
- Street clothes may **NOT** be worn under PE clothes! This is considered a non-dress and will result in a loss of points.
- **You are responsible for your own belongings. PE Instructors Are not responsible for students' lost or stolen property.**

Locks and Lockers:

- Locks and lockers are provided for all Physical Education students. There is a \$6.00 lock replacement fee (Lost or stolen). However, we recommend students bring their own lock.
- For security reasons, sharing of lockers and combo locks with other students is NOT allowed.
- The student is responsible for LOCKING all personal items in their locker and do not use the big locker other than your period of PE. **We are not responsible for anything left in the big lockers and we are not responsible for lost, stolen, or broken locks.**
- The Physical Education instructors reserve the right to take away locker privileges at any time if the student shows irresponsibility using the school equipment.

Medical Excuses:

- Notes written by the parent/guardian with phone number are valid for 1-3 calendar days only. If more than three days are necessary to be excused from PE, then a written release from a physician is required.
- If you have a long-term medical excuse, you will be required to do a modified activity and /or a written assignment(s). An example of a modification would be – a student with a broken arm can still participate in stretching, crunches, running or walking, and other activities not requiring the use of arms.
- **Students who are excused from PE are required to dress out for PE.** Dressing out is a part of your grade due to safety, hygiene and promoting healthy lifestyle.

Attendance:

- Every student is expected to attend class every day.
- All absences will be considered non-participation days.
- Absences (excused or unexcused) will lower your grade. Only excused absences may be made up.

- **If you are absent, it is your responsibility to get make-up work from me in order to receive credit for those days. You have one week from the day you are absent to turn in the work.**

Grading Procedures:

****Your grade will be based on the accumulation of points from:**

Daily Attendance, Running Participation, Proper Dress, Journal Writings, Daily Participation, Cooperation/Attitude/Effort, Student Presentations, and (skills/written tests/assignments) and portfolio.

***Each day will be worth 5 points. Deductions will be made for improper dress, bad attitude, behavior, non-participation, etc... *Test/Assignment point totals will vary.*

If you are to miss a final notify me before hand so we can set something up.

Grading Scale:

C A L E N D A R

90 – 100% = A	Sept. 1st Holiday No school	Jan. 19th & 26th No School
80 – 89% = B	Oct. 26th End of 1st Quarter	Feb. 16th & 23rd Holiday No school
70 – 79% = C	Nov. 10th Holiday No school	Mar. 31-Apr. 4th Spring Break
60 – 69% = D	Nov. 27th-28th Holiday No school	May 26 Holiday No school
59 – below = F	Dec. 22nd-Jan. 2nd Holiday No school	June 12th Last day of school

General Rules:

- Students must not be tardy.
- Students must be standing on their assigned number or line before the teacher is ready to take attendance.
- Students may not bring any food, drink or gum to the locker rooms or PE areas.
- Students must respect the rights and belongings of fellow students and teachers.
- All students must remain in the locker room or designated area until it is time to pass to their next class.
- Fighting, foul language, etc. will not be tolerated.
- ***NO passes will be given out for any reasons during class, so don't ask!***
- Student must help keep our weight room clean by picking up trash.

As part of the Physical Education staff here at Pacific, I consider the PE facilities my classroom and expect the appropriate behavior at all times.

Discipline:

- 1st Violation = warning, loss of points
- 2nd Violation = phone call home, loss of points
- 3rd Violation = referral to counselor, or BSL loss of points
- 4th Violation = referral to V.P., loss of points

**Fighting, cursing, obscene gestures and such are an automatic referral to the V.P.*

Course Outline:

We'll be doing individual and team sports, weight training, health, aquatics and fitness.

*Sports that may be taught - volleyball, basketball, soccer, softball, touch football.

This Physical Education student guide has been designed to acquaint you with our Physical Education program and to answer any questions. Any further questions or concerns may be directed to my e-mail (above) or by phone. After reading this information please sign (student and parent) and return this section to Mr. Frazer by Friday, September 5th, 2008. Thank you!

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The student and parent/guardian have read, understand and agree to these Physical Education guidelines.

Student(print)_____Parent/Guardian(print)_____

Student(signature)_____Parent/Guardian(sign.)_____

Phone #: Home_____Work_____

Cell Phone #:_____