



2018-2019

Course Syllabus: 7th & 8th Grade Physical Education

Our Vision Statement of KAMS

To develop the whole child and to help each student demonstrate readiness for success in college, career, and life.

Our Department Goal

The goal of the KAMS PE Department is to develop physical skills, social skills, knowledge, and confidence in each student through a variety of different sports/fitness activities to lead a physically active lifestyle.

Course Description

Physical Education

This course is designed to continue to give students the opportunity to learn through a comprehensive, sequentially planned Physical Education program in accordance with the California State Framework and the district's Physical Education Content Standards. Students will be empowered to make choices, meet challenges and develop positive behaviors in fitness, wellness and movement activity for a lifetime. **Seventh grade** emphasis will be more on individual and dual activities. Units of instruction include: Set for Success, fitness testing, pickle ball, tumbling, track and field, folk dance, disc sports, speedball & soccer, bowling, rec. games, and team handball. We will also have a unit called **Project Alert** which covers anti drug education. **Eighth grade** emphasis is placed on students learning to work as a team to solve problems. Units of instruction include: Set for Success, cooperative activities, gymnastics, basketball, floor hockey, lacrosse, softball, flag football, volleyball, square dance, and fitness.

Class Expectations and Requirements

- ◆ **Attendance/Tardy Policy**- The Physical Education Department will uphold the Katherine L. Albani tardy policy. Students are to be in the locker room by the time the tardy bell rings and out of the locker room by the time the **6 minute dress bell** rings. Students who are late getting into the locker room or late getting out of the locker room will receive a tardy. Students will receive disciplinary consequences for their tardies by administration.
- ◆ **Suspensions**- Please refer to Katherine L. Albani website or the Elk Grove Unified School District Handbook for details of suspensions and referrals.
- ◆ **Sexual Harassment**- Pantsing, snapping bras, lifting up shirts, and slapping people on the behind are all types of sexual harassment and are not tolerated at school. Students who commit these offenses will be given progressive consequences. 1st offense= referral to admin, parent contacted, 1 hour detention and watch a sexual harassment video with counselor and 1 day class suspension. 2nd offense= referral to admin, parent contacted, suspension 1 day, and behavior support plan with counselor. 3rd offense= referral to admin, parent contacted, suspension 2 days, and check in with counselor.
- ◆ **Tutoring**- By appointment only with individual teacher
- ◆ **Dress**- Students are expected to dress out for P.E. daily in their PE shirt, shorts / sweatpants and appropriate athletic shoes. **Their name needs to be clearly written on their PE uniform.** We highly recommend that students wear the official Albani P.E. shirt and navy blue shorts imprinted with the "ALBIANI" logo. Official Albani sweatshirts and sweatpants with the "ALBIANI" logo will be offered for purchase as well. Any leggings or Under Armor worn under your pe uniform (in lieu of sweats) must be navy blue or gray. **Only plain t-shirts, shorts, and sweatpants (with no logos, graffiti, or imprints) that are navy blue or gray in color may be worn as an alternative.**
- ◆ **Loaners**- Students who have forgotten their P.E. uniform are **required** to borrow loaners for the period. Consequences are based on a **quarter system**. On loaners 1-3, students will receive a loss of 3 B's points. On

their 4th and 5th loaner, the student will receive a loss of 3 B's points reflection time with pe teacher. On the 6th and 7th loaner, students will receive a Thursday morning reflection time and loss of 3 B's points. On the 8th occurrence, the student will be referred to an administrator and a parent conference will be scheduled. The student will not be allowed any further loaners for that quarter. **Students who choose not to dress out for class or who refuse to get loaners will receive a referral for defiance.**

- ◆ **Non-dress policy**- Students must change into their p.e. uniform daily. A non-dress =when any student wears their school clothes (even if they are navy blue or gray) in lieu of their pe uniform, if they wear their school clothes underneath their p.e. uniform, being partially dressed in pe uniform, or not wearing appropriate pe shoes. On the 1st non-dress offense, students will receive a warning and loss of 3 B's points. On the 2nd and 3rd offense, students will reflection time with pe teacher and a loss of 3 B's points. On the 4th offense, the student will receive a Thursday morning reflection time and loss of 3 B's points. On the 5th offense, the student will receive a referral to administration for defiance and loss of 3 B's points.
 - ◆ **Homework**- Students may be expected to complete Google Docs and other written assignments at home. Students may need to use the library or computer lab to complete these assignments unless other accommodations have been arranged by the teacher/student. **Late assignments may not be accepted for full or partial credit** (teacher discretion).
 - ◆ **Make-up Work**- Students who have an absence are responsible for completing an at home make up assignment to earn back their daily points (Daily Fitness, activity, and 3 B's points). ***Students are allotted the same number of days to complete the make up assignment that they were absent from school.*** Absent students also are responsible for inquiring about any in class assignments that they missed that need to be made up (runs, fitness tests, skills tests, etc). Please arrange a time to make up these assignments with your teacher. It is important to check Synergy daily for missed work and for the make up assignment options.
 - ◆ **Medical Excuses (parent or doctor's note)**- A written excuse from a parent provided **prior** to class will be accepted for a **maximum of 3 calendar days**. **Teachers may not receive the message in time if parents call the office or email the teachers during the middle of the school day.** Illnesses/ injuries lasting longer than 3 class days require a doctor's written note. **Doctor's notes are required to have a beginning and ending date with specific information about the injury and limitations to physical activity.** Students with parent notes or medical excuses are expected to dress for class daily (unless specifically told not to by their teacher). Students will be expected to participate in modified activities based on their condition or complete an in class make- up assignment, if modifications are not appropriate. **Students on long term medicals** will be responsible for all cognitive activities in class (writing assignment and written tests), as well as completing in class work to earn their daily points (ie- reading log, book report, or other cognitive work). They may also be required to do physical activities based on their doctor's note. Students on long term medicals may be graded on a modified scale per teacher discretion.
 - ◆ **Locker Room**- Students are expected to securely lock personal belongings in their **assigned locker only**. **Locks left on the wrong locker may be cut after a written notice has been provided.** The **Physical Education Department is not responsible for any lost or stolen items**. Students leaving belongings **unlocked**, in the **wrong locker**, or who **share lockers** may receive a reflection time consequence. Students who display disrespectful, inappropriate, or unsafe behavior and/or violate school rules in the locker room may receive disciplinary consequences or loss of locker room privileges. **Due to overcrowding, some students may not receive a large locker each semester.** Sorry for this inconvenience.
 - ◆ **Grade Checks**- Parent/guardians can request a grade check from a teacher at any time. Please check Synergy regularly for updated grades and missing work.
 - ◆ **Student Passes**- Bathroom and hallway passes will be given on an individual basis based on teacher discretion. Students are expected to use the restrooms in the locker room prior to class if needed.
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Student Behavior Expectations

Students are expected to:

- Report to class daily dressed in proper P.E. uniform or loaners, with proper shoes, on time, and sit quietly in roll call.
- Have a pencil pouch with at least 2 working writing utensils for pe when needed.
- Participate to their full ability in **all** class activities and turn in all written assignments **on time**.
- Treat school personnel, other students, and school equipment with dignity and respect, and follow all rules.
- Report all injuries and pre-existing medical conditions to an instructor **immediately**.
- Take home their P.E. uniform and wash it a **minimum** of one time per week.

Course Standards

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate and utilize knowledge of psychological and sociological concepts, principles and strategies as applied to learning and performance of physical activity.

Grading Policy

<i>Categories</i>	<i>Percentage of Grade</i>
<i>Daily Fitness/Activity/ 3 B's</i>	<i>50%</i>
<i>Cardio</i>	<i>30%</i>
<i>Assessments/Writing assignments</i>	<i>20%</i>
TOTAL	100%

<i>Percentage</i>	<i>Grade</i>
90% - 100%	A = 4 grade points
80% - 89%	B = 3 grade points
70% - 79%	C = 2 grade points
60% - 69%	D = 1 grade points
Below 60%	F = 0 grade points

P.E. Supplies Recommended For Class

Purchase at Student Store

- P.E. Dry Fit T-Shirt (\$10)
- P.E. Shorts (\$10)
- Master Lock (\$6)
- P.E. Sweat pants (\$15)
- PE Hooded Sweat Shirt (\$25)

Provided from home

- * Pencil Pouch
- * Pencils or pens (2 at least)
- * Socks
- * Athletic Shoes
- * Deodorant (non-aerosol due to asthma concerns)

**Student and Guardian Signature
Physical Education
2018-2019 School Year**

Today the syllabus was reviewed in class with your student. Please review it online with your child and then sign the form below. If you have any questions or concerns about our department policies, please contact your student's teacher as soon as possible. Hard copies of the syllabus are available by request.

Print Student Name and Date



Guardian Signature and Date

Guardian Email address

Medical Concerns (if any)

- Asthma needs Inhaler
- Diabetes (meds / food storage)
- Epi Pen for _____

Other: _____

Cell or Work Phone Number

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