



# NAI Physical Education Department

## 2009-2010 PHYSICAL EDUCATION COURSE SYLLABUS

NAI PE Home Page: <http://www.northallegheeny.org/academics/phsyed/nai/naihome.htm>

### Course Description

The representation below is an example of the unit rotation for the course. Actual rotations will vary by teacher. Units included will be; Adventure Education, Muscular Fitness, Aerobic Fitness, Biking, and two student choice units.

Month	Sept.	September	October	November	December	January		February	March	April	May	June
# of Lessons	4	10	10	10	10	5	5	10	10	10	10	4
Unit	Fitness Assessments	Adventure Education	Biking	Aerobic Fitness	Muscular Fitness	Choice 1	Choice 2	Adventure Education	Biking	Aerobic Fitness	Muscular Fitness	Fitness Assessments
Continuing Focus	<b>Fitness &amp; Nutrition Concepts</b> <b>Health &amp; Safety Concepts</b>											

**EXPECTATIONS:** To get the **full value** out of the class we ask that you;

1. Be here. Be present mentally, physically, emotionally. Honor the commitment of the others in your group by giving fully of yourself.
2. Be Safe. Create a level of safety so that people are able to relax and feel comfortable. Each member has a responsibility to point out any issues or concerns that may affect this safe environment.
3. Speak the truth. Share your thoughts openly with honesty and integrity.
4. Pay attention. Listen to what others say and focus on their ideas. Minimize distractions.
5. Be open to outcomes. Try not to prejudge what is happening. Recognize your preconceived notions about what you will learn or experience.

### GRADING

All grades will follow the North Allegheny grading scale and will be determined by total points earned/total points possible. Semester and final grades will reflect the cumulative total points from each 9 weeks. **The 4, 9 week grades will not be averaged.**

A=90 - 100%      B=80 - 89%      C=70 - 79%      D=60 - 69%      E=0 - 59%

### Grading Categories and their Weights

- Class work/Participation: Approximately 75% of total grade, Value = 10 points per day, recorded daily. Students daily points are determined by: following the full value contract and the level at which the unit/daily course objectives are met.
- Written Assessments & Activity Extension Assignments: Approximately 25% of total grade.

### CLASS MAKE UPS:

- Students will have two weeks from the date of a required test, assignment, or class to make it up. It is the student's responsibility to check for missed assignments and schedule a make-up.
- Make up options include: participation in another PE class, 25 minutes of strength or aerobic training make-up (Mon. - Thurs. 2:30-4:00PM, or NA lifetime activity club make-up. Ask your teacher for details.

### EXCUSES

- **Medical Excuses:** Students with medical restrictions must still dress for class and will be required to perform an alternate safe activity or complete make ups for missed classes. It is suggested that your

doctor complete the "Can Do" form (on PE website). If a student misses three or more classes or needs adaptations for a prolonged period of time a doctor's note is required. Students who are excused from all types of physical activity will be required to complete a written assignment during class.

- **Athletic Excuses:** Athletics is not a substitute for a quality physical education course; therefore, athletes will not be excused from actively participating in physical education lessons. Teacher discretion will be used in assigning the amount of activity to an athlete on the day of a competition. Student athletes will be held accountable for meeting all lesson objectives.

## DRESS

- **All students will participate in class whether they are dressed for activity or not.** Students who are not dressed appropriately to meet the day's objectives will instead perform an alternate activity in their target heart rate zone to receive a 60% grade for the day.
- Students will have 5 minutes to dress from the time that the late bell rings before being considered tardy for class.
- Learning to exercise in a variety of weather conditions is a part of the curriculum; it is the student's responsibility to dress appropriately for the weather during outside activities. Students will be given the opportunity to purchase NA PE winter exercise clothing or they can provide their own. Cold weather clothing must include a: hat, gloves, jacket, and pants. (Specific suggestions for dress are on the NAI PE website <http://www.northallegheeny.org/academics/phsyed/nai/naihome.htm> under "Policy for Outdoor Classes".)
- Items students must purchase (total price is \$12, you may write one check made out to NAI):
  - All students are required to wear the physical education uniform during all classes (shirts are available for \$7 dri-fit for \$15). The uniform must consist of a North Allegheny Physical Education T-shirt, athletic shorts, and sneakers. For safety reasons no jewelry is permitted in class.
  - Due to sanitary reasons all students must purchase a heart rate monitor strap for \$5.
  - Locks are strongly suggested during PE. **You must provide your own locks.**
- **The school is not responsible for students' personal belongings. All belongings including locks must be removed from student PE lockers daily. Locker rooms will not be locked during the class period. Items too large to fit in lockers may be brought out to the activity area with the student.**

## Consequences for refusal to participate:

\* 1<sup>st</sup> and 2<sup>nd</sup> occurrence: No make-up opportunity-no credit. Student is sent to "Time Out"

\* 3<sup>rd</sup> occurrence: No make-up opportunity-no credit. Student is sent to "Time Out" and additional disciplinary action will be taken.

\* 4<sup>th</sup> occurrence: continued refusal to dress properly for class can result in removal from physical education with a failing grade.

\* Students will be given a clean slate to begin each semester.

## MISCELLANEOUS NOTES

- ✓ North Allegheny School District has a zero tolerance policy for the harassment and intimidation of others.
- ✓ Foul language will not be tolerated.
- ✓ Students are not permitted in the locker room area during classes without teacher permission.
- ✓ Students will remain in their assigned gym until the dismissal bell rings.

Please sign and return the bottom of this form to your physical education teacher.

.....  
I have read and reviewed the Physical Education course syllabus with my son/daughter.

Parent or Guardian: \_\_\_\_\_

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

Teacher Name: \_\_\_\_\_