**Performance Training**

**School Year - 2014/2015**

**Contact Information -** 369-3611 ext. 4644, email: millerj@arrowheadschools.org

**Office Hours -** before and after school

**Course Description**

This one-semester physical education class is designed for students who want to maintain or improve their own personal fitness level. High level conditioning activities include weight training, running, biking, use of fitness machines, aquatics, and other aerobic and anaerobic exercises. This course can only be taken one time to fulfill one of the three physical education graduation credits but may be taken again for an elective credit.

**Learner Outcomes**

* Student will demonstrate positive sportsmanship/citizenship behaviors.
* Students will attain or maintain a healthy active lifestyle.
* Students will acquire the necessary knowledge and skills to participate in a variety of physical activities.
* Students will learn to accommodate the diversity found in Physical Education as it relates to the other gender, cultures, ethnic groups and physical abilities.

**Grading policy**

100-97 = A+ 76-74 = C

96-94 = A 73-70 = C-

93-90 = A- 69-67 = D+

89-87 = B+ 66-64 = D

86-84 = B 63-60 = D-

83-80 = B- 59 and below = F

79-77= C+

**Assessment of Learning**

* Attendance/Participation
* Skills/Improvement
* Citizenship/Effort
* Written tests/Projects
* Semester Exam-15%

**Major Resource Materials…Dress Code -** Students are expected to dress properly for PE class everyday**,** athletic wear only (no jeans). Jewelry must be taken off and shoes must be tied for safety precautions.Students not properly dressed for class will receive point deductions.Clothing should not be offensive (no alcohol/tobacco advertisements or inappropriate language).During outdoor units students should bring “proper” clothes according to the weather.Early morning classes should bring a change of shoes and sox because of the dew on the grass. Each student will provide a lock to secure their personal items. Thefts occur when items are not secured. Purchase a lock for $5.00 from your PE teacher if you need one.

**Classroom Conduct**

The five core values will be upheld within each classroom (honesty, respect, open mindedness to diversity, work ethic, communication)

**Policy for Making up P.E. Classes**

Time requirement is **60 minutes** for each block class. Return slip to your teacher.

* You cannot use your school sports practice/games or vacation activities for make up time.
* Athletes are NOT excused from participating in PE classes they are attending due to competition later in the day. The activity may be adjusted for them but they are not excused from the activity.
* Students are given one week after the unit ends to make up an absence. Once the deadline has passed, no credit will be given for the make up.
* Students should make their best effort to make up a class with another Performance Training class if possible.

Classes that **DO NOT** have to be made up:

Covered by a medical excuse (written by a doctor, therapist, or certified athletic trainer).

Students participating in a school-sponsored activity:

* + - Field trips
		- Choir/band/musical special performances
		- Special testing
		- Athletic event

Classes that **DO** have to be made up:

* 1. Illnesses/injuries not covered by a medical excuse.
	2. Vacations
	3. Personal business

**Procedure for Making up Classes**

 Option#1: Attend another PE class during your study hall time. Get permission from the teacher of the class you want to attend. Have that teacher sign a make up slip that you made up a class. Return note to your regular teacher.

 Option#2: If option #1 is not possible: Make up the class at some **on-campus** facility (AHS pool, weight room, Mullett Ice Center). Have the supervisor in that area sign a make-up slip.

**Tardy Policy**

 The consequence for being tardy goes as follows:

 1st, 2nd offenses – verbal warning

3rd offense- phone call or email home

 4th offense- Saturday detention