



## Physical Education



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**Office Hours:** Teachers are available for extra help before and after school.

### Course Description:

This one semester physical education class concentrates on activities students can pursue for a lifetime. Activities may include but are not limited to golf, tennis, water games, archery, skating, volleyball, fitness, biking, badminton, bowling, basketball, low organized games, ropes course, climbing wall and outdoor games. [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.](#)

- [The Five Pillars of Physical Education](#)
- [What Does it Mean to be Physically Literate?](#)

### Learner Outcomes:

- ❖ Students will demonstrate positive sportsmanship/citizenship behaviors.
- ❖ Students will demonstrate a healthy active lifestyle.
- ❖ Students will acquire the necessary knowledge and skills to participate in a variety of physical activities.
- ❖ Students will appreciate the diversity found in Physical Education as it relates to the other gender, cultures, ethnic groups and physical abilities.
- ❖ Learn Lifetime Fitness Components

## Grades:

GRADE	PERCENT	SCALE
A	$\geq 93.00$	5.00
A-	90.00 - 92.99	4.67
B+	87.00 - 89.99	4.34
B	83.00 - 86.99	4.00
B-	80.00 - 82.99	3.67
C+	77.00 - 79.99	3.34
C	73.00 - 76.99	3.00
C-	70.00 - 72.99	2.67
D+	67.00 - 69.99	2.34
D	63.00 - 66.99	2.00
D-	60.00 - 62.99	1.67
F	59 and $\leq$	0.00

Rounding of Grades - no rounding

Extra Credit - no extra credit

## Assessment for Learning:

- o In-Class = 85%
  - Full participation
  - Attendance
  - Skills/Improvement/Effort
  - The Arrowhead Way
    - Be appropriate
    - Be respectful
    - Be responsible
- o Semester Final Assignment: 15%

## Dress Code:

- ☐ Students are expected to dress properly for PE class everyday, athletic wear only:
  - ☐ T-shirts: short or long
  - ☐ Sweatshirts/Jackets
  - ☐ Sweatpants or leggings
  - ☐ Shorts
  - ☐ No hats
  - ☐ No jeans or casual/dress pants.

- ☐ Athletic shoes that must be laced.
- ☐ Students not properly dressed for class will receive a zero for the day.
  - ☐ No dress days can not be made up
  - ☐ Activity clothing must be consistent with the AHS Dress Code:
    - ☐ Items of clothing of a suggestive nature are not allowed.
    - ☐ This includes, but is not limited to, bandanas, bare midriffs, cleavage, and extremely short skirts and/or shorts. Undergarments should not be visible.
    - ☐ Items of clothing with inappropriate or harassing language, including alcohol and drug related phrases, logos, or pictures are prohibited.
- ☐ Jewelry must be taken off and shoes must be tied for safety precautions.
- ☐ 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 socks 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
  - ☐ This is your responsibility to lock up your belongings.
  - ☐ Locks must be removed at the end of class.

#### Policy for Making up P.E. Classes:

- ❖ Time requirement is 60 minutes for each block class. Return slip to your teacher.
  - o You **cannot** use your school sports practice/games or vacation activities for makeup time.
  - o 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.
  - o Classes that are missed in the swimming and ice skating unit must be made up with that specific activity.

#### 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
- The medical excuse is for injuries that prevent your participation in class.
- Routine doctor appointments are not excused.\*\*

- In order to receive credit for this class a student must actively participate in at least 50% of the class.

### Class that DO need to be made up:

- Illnesses/injuries NOT covered by a medical excuse.
- Vacations
- Personal business
- Routine doctor/dentist appointments.

### 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.
  - Get permission from your Study Hall teacher.
  - Have that teacher sign your make-up.
  - Return make-up to your regular teacher.

#### Option#2:

- Resource period.
  - Two 30 minute resource periods = 1 make-up day.
- You may only join my Resource Period on RED days.

#### Option#3: Swimming and Ice Hockey Only

- Must use AHS Pool & the Mullett Ice Center to make-up these activities.
  - See me in class for detailed instructions.

### Tardy Policy:

- ❖ 1st, 2nd offenses = verbal warning
- ❖ 3rd offense- phone call or email home
- ❖ 4th offense=Saturday detention
- ❖ 5th Offense= Saturday detention and referral to School Resource Officer (police liaison)
- ❖ 6<sup>th</sup> Offense = Saturday detention and referral to school counseling office.
- ❖ 7<sup>th</sup> Offense = Saturday plus loss of parking (discretion of administrator).
- ❖ 8<sup>th</sup> Offense = Saturday detention plus citation.

### Classroom Conduct: "The Arrowhead Way"

- ❖ Be Appropriate
- ❖ Be Responsible
- ❖ Be Respectful

## AHS PERSONAL DEVICE AGREEMENT

- Classroom/Gym:
  - I will not have my phone out in a classroom unless the instructor has explicitly given me permission to do so.
  - Do not bring your cell phones to the gym.
  - Cell phones should be in your backpacks.
  - Backpacks should be locked in a locker.
- Locker Rooms:
  - It is illegal to have a cell phone out in locker rooms.
    - Cell phones should be in your backpack.
  - Backpacks should be locked in a locker - do not bring to the gym

### **Artificial Intelligence Policy:**

*Students are not permitted to use intelligence tools in the course of completing assignments or other assessments that contribute to their grades. To do so will be considered academic dishonesty.*

*The following actions are prohibited in this course [add/remove bullets as necessary]:*

- *Submitting all or any part of an assignment statement/prompt to an online learning support platform/AI tool;*
- *Using AI tools to mimic - even in preliminary/draft form - the thesis statement/arguments/position of an assignment;*
- *Incorporating any part of an AI-generated response in an assignment;*
- *Submitting your own work to an online learning support platform for improvement.*

*If you are in doubt as to whether you are using an online learning support platform appropriately in this course, I encourage you to discuss your situation with me.*