



J.S. Morton HS District 201

2015-2016

Physical Education

Name:
Phone :
Email
Classroom/office:
Web:

What will students learn in this course?

Key Concepts/skills	Standards (Students will)
Flexibility	<ul style="list-style-type: none">-be able to understand that flexibility is the ability of a joint to move through its full range of motion from a flexed to an extended position.-learn how to properly stretch the lower back and hamstrings.-be able to show improvement on fitness based assessments.
Cardiovascular Endurance	<ul style="list-style-type: none">-be able to understand that cardiovascular endurance is the ability of the heart, lungs, and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.-learn how to apply this component of fitness to other sports and lifelong activities.-learn how to self-pace during endurance running.-learn proper breathing techniques and correct running form.-be able to show improvement in cardiovascular endurance on fitness based assessments.
Agility	<ul style="list-style-type: none">-be able to understand that agility is the ability to stop, start, and change directions quickly.-learn how to apply this component of fitness to other sports and lifelong activities.-be able to show improvement on fitness based assessments.
Abdominal Strength and Endurance	<ul style="list-style-type: none">-be able to understand that core strength exercises strengthen your core muscles including your abdominal muscles, back muscles and the muscles around the pelvis.- learn that strong core muscles make it easier to do many physical activities.- be able to show improvement on fitness based assessments.
Upper Body Strength and Endurance	<ul style="list-style-type: none">-be able to understand that muscular strength and endurance is producing force using muscles repetitively without fatiguing for an extended period of time.-be able to apply this component of fitness to other sports and lifelong activities.-be able to show improvement on fitness based assessments.

Fitness Safety

- learn that daily attendance, active participation, and proper hygiene/preparedness will increase success in lifelong physical activities
- come prepared to class, fully dressed in PE uniform and wearing safe footwear
- participate fully while monitoring their wellbeing
- follow the rules of the activity and understand that failure to do so may jeopardize the wellbeing of themselves and their classmates

How will we know students have learned it?

Grade Scale	A- Advanced/Exemplary	B- Proficient	C- Basic	D- Needs Improvement	E- Not Passing
	4.0-5.0	3.0-3.9	2.0-2.9	1.0-1.9	0.0-0.9

Unit Weights	Semester	
	Flexibility	
Cardiovascular Endurance		2.5%
Agility		2.5%
Abdominal strength and endurance/ upper body strength and endurance		2.5%
<i>Final exam</i>		10%
Fitness Safety		80%

Within each unit, assignments will be graded according to the following weights:

	<p><u>What major common summative assessments are included?</u></p> <ul style="list-style-type: none"> - The 3rd fitness assessment <ul style="list-style-type: none"> Sit and reach Mile Run Shuttle Run Sit Ups Push Ups 	<p><u>60 %</u></p>
	<p><u>What other common or individual classroom assessments are included?</u></p> <ul style="list-style-type: none"> -The 2nd fitness assessment <ul style="list-style-type: none"> Sit and reach Mile Run Shuttle Run Sit Ups Push Ups 	<p><u>30 %</u></p>
	<p><u>What formative assignments (Homework, In-class assignments, etc.) are included?</u></p> <ul style="list-style-type: none"> -The 1st fitness assessment <ul style="list-style-type: none"> Sit and reach Mile Run Shuttle Run Sit Ups Push Ups 	<p><u>10 %</u></p>

Course Requirements	What must every student pass to earn credit for the course? - Every student must pass Flexibility, Cardiovascular Endurance, Agility, Abdominal Strength and Endurance and Upper Body Strength and Endurance, and Fitness Safety with a 1.0 or better
	What must every student complete to earn credit for the course? - Every student must complete two rounds of all fitness test assessments for all 5 fitness tests

Students who do not meet these requirements will receive an I (incomplete) for the semester. If requirements are not met within six weeks after the semester, the student will earn a grade of E.

What will we do when students aren't learning?

Extra Help

Students who are not passing the course are expected to seek extra help. Further, any student who wants to improve his or her performance and grade is encouraged to ask for support, as well.

Make up gyms will be available in the field house (West and East Campuses) and in the main gym (Freshmen Center) on Monday, Tuesday and Thursday every week. Make up gym will begin promptly at 2:50. Students must be dress in complete PE uniform and appropriate gym shoes. Make up gym will dismiss at 3:30. A student has 2 weeks to make up an infraction (absence or no dress).

Re-do/Re-Take

Students are eligible and **expected** to re-do fitness tests that do not meet or exceed standards. Fitness Safety may be eligible for re-do only at the teacher's discretion. Students will be provided one opportunity for re-do on a given item, with any additional attempts at the teacher's discretion.

If not already required by the teacher, students must request a re-do within one week after fitness testing. The teacher will communicate any requirements that must be met prior to the re-do (i.e. after-school tutoring, extra practice assignments, etc.), as well as the deadline.

The maximum grade earned shall be full credit, given the original item is completed on time with full effort. The teacher has the discretion to return any item, ungraded, that is incomplete or does not demonstrate full effort. That item will be subject to my late work policy, with the final grade reflecting any loss of credit due to late or incomplete submission.

Other than common assessments, teachers may provide an alternative assignment to demonstrate mastery.

Students can work with their individual teacher to retake any fitness tests during make up gyms. Students must show maximum effort at first attempt of testing for higher score to prevail.

What will we do when students have already learned it?

Student who masters a key concept will be asked to continue to demonstrate mastery through the remainder of the semester. Physical Education is based on the consistent mastery of physical assessments.

Procedures

Maintenance of fitness safety

Uniform

A Morton PE uniform (Morton PE double sided t-shirt and Morton PE shorts) must be purchased in the school bookstore.

Student must wear a proper fitting Morton PE uniform during every class.

No street clothes can be worn under PE clothes during activity. Students must change into a PE uniform.

Shoes

Students with improper footwear will not be able to participate in full activity and will walk for the entire class period.

If students are not participating fully in class because of improper footwear they will not receive full credit for the day and will need to attend make up gym to make up their credit.
