



## Physical Education

### Description:

Welcome to Physical Education! The purpose of the course is to promote life-long physical activity and to develop an understanding of the benefits of being healthy. In this class, students will be involved in a wide variety of hands-on activities that will improve their physical fitness, physical skill development and knowledge of the rules and strategies of the games.

### Course Objectives:

The student will:

1. Participate in team sports, lifetime sports, racket sports and new games.
2. Participate in daily fitness activities designed to improve their cardiovascular endurance, their muscular endurance, muscular strength and flexibility.
3. Participate in all class activities.
4. Demonstrate proficiency in cardiovascular endurance, muscular endurance, muscular strength and flexibility activities.
5. Demonstrate an understanding of health-related fitness.
6. Students will evaluate and maintain their own level of fitness.

### Course Evaluation:

Students will be assessed in the following ways: Performance (effort) Assessments (Knowledge & Skill) and Fitness Components (tests / Days).

- Performance: 100%
- Grade Scale: A 100-90      B 89-80      C 79-70      D 69-60      F Below a 59

### Semester Grading:

- 40% Quarter grade   40% Quarter grade   20% Final Exam
- **Grades are percentages.**

### Class Procedures:

**Attendance:** Physical Education is a participation class. Daily attendance is required. After any absences, students are required to make up the absence. **Make-up:** Absences can be made up in the following manner: The student must complete a 45 minute exercise work-out for each absence. All make-up work must be completed within 2 week of absence to receive credit. School related absences do not require any make-up. Please complete a absence form that identifies the make-up work and is signed by a parent guardian. DV PE has an Absence form online to help you complete this process. **More than 12 absences in a class may result in loss of credit, failure for semester** (school policy).

### Medical Excuses:

To be considered excused for a PE class for medical reasons, the student must have a note from a parent or school nurse. If students cannot participate for more than three days, a written medical note is required. **Students excused for a class will still be required to dress out.** Because PE is participation class, excused students will be required to make-up missed class.

### Medical Injury:

If a student will be unable to participate for an extended period of time, the student may request or may be asked to become a teacher's assistant. If the injury permits modified activity, the student still must dress out and participate to limited capacity. An alternative assignment will be arranged to make-up missed PE class.

## Clothing:

PE students must wear the Desert Vista PE uniform (can be purchased in the bookstore). Students are required to wear the DV PE uniform and they are **not permitted to modify the uniform**. Variations of the uniform are not permitted. Also, the student must wear athletic tennis shoes and socks. During winter months, students may wear DV sweatshirt or new PE sweatshirt.

- **Dressing out in PE is mandatory. Points will be deducted from students who are not properly dressed out.**
- **PE uniforms must have last name visible.** PE uniforms should be washed weekly or more often if necessary.
- Personal Hygiene: Showers are recommended, but not required. Highly recommended.
- Items not considered acceptable attire: No cut-offs sleeves shirts are allowed. Undergarments must not be visible. **Cutting uniforms will not be allowed.**

## Locks/Lockers:

- Each student will receive a **school issued combination lock from their teacher**. The first lock is **FREE**. The replacement for lost locks is \$8.00 and must pay at the bookstore, returning the receipt to the teacher for a new lock.
- Locks and lockers are the student's responsibilities. Always check your lock when you leave the locker room. Only school issued locks are permitted in the locker room. All other locks will be cut off.
- Students caught stealing will be removed from the class and referred to the administration for disciplinary action. Loss of PE credit could become a factor as well.
- Locker room and shower areas are very slick, therefore, there is to be no horseplay or running permitted.
- **School personnel can inspect the lockers at any time. No non-PE related materials are allowed in the locker.**
- **Do not bring anything of value with you to school. If we lived in a perfect world, this would matter, however in our real world, real life we know that people steal. Lock it up or better yet, don't bring it. We will do everything we possibly can to keep the locker room secure. However, we are not responsible for items that are stolen from your locker.**

## Small vs. Large Lockers:

- **Small Lockers:** Issued to keep PE uniform locked up before and after school.
- **Large Lockers:** to be used during class period ONLY. **LOCK** all personal belongings, school clothes and valuables in LARGE locker during PE class. After class, return PE uniform and **LOCK** to SMALL locker. **Don't leave backpacks out during class. In the past, this is one of the main areas of concern and where most of thefts occur.**

## PE Rules

- Students will follow teacher directions the first time.
- Students will stay on task during class.
- When the teacher is talking, students will listen quietly.
- Students will come dressed out and participate daily. Be on time
- **Cell Phones are not permitted in the locker room.**

## Contact Information:

Name	Telephone	E-mail
Chris Crowl Department Chair	480-706-7900 Ext. 70570	<a href="mailto:ccrowl@tuhsd.k12.az.us">ccrowl@tuhsd.k12.az.us</a>
Doug Christofis ADV PE Instructor	480-706-7900	<a href="mailto:dchristofis@tempeunion.org">dchristofis@tempeunion.org</a>
Tory Enderson-Vail Adv. Frosh Girls PE / Health Instructor / Weight Training	480-706-7900 Ext.70571	<a href="mailto:tendersonvail@tuhsd.k12.az.us">tendersonvail@tuhsd.k12.az.us</a>
Amanda Goe Yoga Instructor	480-706-7900 Ext. 70573	<a href="mailto:amgoe@tuhsd.k12.az.us">amgoe@tuhsd.k12.az.us</a>
Dan Hinds PE Instructor / Adv PE Frosh & Varsity Football/ Health	480-706-7900	<a href="mailto:nrigdon@tempeunion.org">nrigdon@tempeunion.org</a>
Don Rezac PE Instructor / Weight Training Instructor	480-706-7900 Ext. 70574	<a href="mailto:drezac@tuhsd.k12.az.us">drezac@tuhsd.k12.az.us</a>
Dave Williams PE Instructor/ BKB Head Coach & Instructor	480-706-7900 Ext. 70575	<a href="mailto:dwilliams@tuhsd.k12.az.us">dwilliams@tuhsd.k12.az.us</a>


# Effort / Participation Levels – (100% of grade)

<p><b>Level 10</b> <b>Outstanding</b></p>	<ul style="list-style-type: none"> <li>✓ Student demonstrates a high level of effort daily on all activities.</li> <li>✓ Student works hard to improve performance, skill or fitness levels, does personal best.</li> <li>✓ On Fitness activities, student consistently finishes in the top group.</li> <li>✓ Student stays actively involved without being asked or reminded.</li> <li>✓ Demonstrates outstanding sportsmanship.</li> <li>✓ During fitness periods, students strive to improve personal fitness scores and activities.</li> <li>✓ Supports and encourages other students.</li> <li>✓ Dresses out every day.</li> </ul>
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<p><b>Level 8</b> <b>Responsible</b></p>	<ul style="list-style-type: none"> <li>✓ Student demonstrates above average effort daily on all activities.</li> <li>✓ Student tries to improve performance, skill or fitness levels.</li> <li>✓ On fitness activities, student finishes in the top group or close to it on most days.</li> <li>✓ Participates in all fitness stations or activities.</li> <li>✓ Will try and work on a skill or activity even though you don't like or you aren't good at it.</li> <li>✓ Follows directions.</li> <li>✓ Student demonstrates sportsmanship</li> <li>✓ Student may support other students.</li> <li>✓ Dresses out every day.</li> </ul>
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<p><b>Level 7</b> <b>Average</b></p>	<ul style="list-style-type: none"> <li>✓ Student demonstrates a moderate level of effort daily.</li> <li>✓ Student works moderately to improve performance, skill of fitness levels.</li> <li>✓ On fitness activities, student finishes in the middle of the pack or lower.</li> <li>✓ Student needs some reminders to stay focused or on task.</li> <li>✓ Student demonstrates adequate work on skills or activities.</li> <li>✓ May come prepared for class and shows average effort.</li> <li>✓ Student is dressed out everyday</li> </ul>
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<p><b>Level 6</b> <b>Participation</b></p>	<ul style="list-style-type: none"> <li>✓ Effort level is minimal. Student coast through class.</li> <li>✓ Student is not dressed out.</li> <li>✓ Student needs constant reminders to be actively involved.</li> <li>✓ Does not try to improve skill or fitness levels.</li> </ul>
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<p><b>Level 0</b> <b>Irresponsible</b></p> 	<ul style="list-style-type: none"> <li>✓ Does not use class time wisely (Lacks focus).</li> <li>✓ Chooses not to participate actively.</li> <li>✓ Does not follow class directions.</li> <li>✓ Daily effort is usually nonexistent.</li> <li>✓ Behavior is disruptive and unacceptable.</li> <li>✓ Use inappropriate language.</li> <li>✓ Doesn't dress out. Consistently comes to class unprepared.</li> <li>✓ Blames others or makes excuses for not participation.</li> </ul>
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## DVHS PHYSICAL EDUCATION - Student Information Sheet

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Address: \_\_\_\_\_

Student Home Phone: \_\_\_\_\_ Student Cell: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parents / Guardians: \_\_\_\_\_

(Please put last name if different)

Father's / Guardian's work phone: \_\_\_\_\_ Father Cell: \_\_\_\_\_

Mother's / Guardian's work phone: \_\_\_\_\_ Mom Cell: \_\_\_\_\_

Best time to contact you: \_\_\_\_\_

### DEPARTMENT INFORMATION

PE Rules	Character	PE Procedures
<ul style="list-style-type: none"> <li>• Students will be respectful and considerate of all during PE.</li> <li>• Students will follow teacher directions the first time.</li> <li>• Students will be on time and dressed out daily.</li> <li>• Students are graded on their participation and effort. Each day, they are expected to complete all activities and give their personal best.</li> <li>• Cell Phones and IPODS are not permitted in the locker room.</li> </ul>	<ul style="list-style-type: none"> <li>• When the teacher is talking, students will listen quietly.</li> <li>• Students will stay on task during class.</li> <li>• Students will display a positive and productive attitude during all PE activities.</li> <li>• Students will be issued a lock and they are responsible for securing all their personal belongings every day.</li> </ul>	<ul style="list-style-type: none"> <li>• If student misses a day, he/she will need to make up the absence and turn in a make-up form. 30 minutes of outside exercise will be accepted for make-up credit.</li> <li>• Non-dresses are not allowed to be made up.</li> <li>• Dressing out includes: Proper DV PE uniform and athletic tennis shoes.</li> </ul>

## Contract Agreement

**I have read, discussed and will support the expectations and rules set forth by this syllabus with my child. I will support the PE guidelines and procedures set forth above. Please sign and return this form to your teacher.**

Parent / Guardian: \_\_\_\_\_

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

## Waiver

*PE, Dance, Yoga and Weight training requires physical activity. As with any physical activity, this involves risks of injury. I fully assume all of the risks of such participation, including, but not limited to, the following: dangers arising equipment failure and inadequate safety equipment, health risks of extreme or rigorous physical activity, pre-existing medical conditions, and risks arising from the negligence of Desert Vista High School and Tempe Union High School District.*

*By participating in the above activities you may be exposed to several inherent risks, including but not limited to those listed: • Injury to Feet & Hands (e.g. Smashed, broken bones, bruised) • Pulled Muscles • Twisted Ankles • Scratches and Bruises • Sprains • Joint Injuries • Back injuries • Concussion •*

Parent / Guardian: \_\_\_\_\_

**Medical Release:** I have legal custody or control of my child and grant permission for any emergency treatment and services that may be rendered to said minor under the general or specific direction of Dr. \_\_\_\_\_ Phone# \_\_\_\_\_

Or any hospital emergency department physician.

In case of an emergency, whom should we contact? \_\_\_\_\_