

# PHYSICAL EDUCATION

## UNION GROVE HIGH SCHOOL

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### Classes:

Physical Education I – Physical Education II/III – Physical Education IV – Advanced Fitness

### Goals & Outcomes:

*Improved Level of Fitness* – We will work to improve all 5 levels of fitness: Cardio-respiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility & Motor Skills.

*Personal Hygiene* – Uniforms are to be cleaned as often as necessary. Showers are strongly recommended after class.

*Sportsmanship* – Students must learn to play by the rules. During games you are expected to win graciously and lose with dignity. An “A” student plays with great effort and enthusiasm, follows the rules of the class and the game, and works to involve everyone with encouragement and without judgement.

*Skills* – Effort is the most important part of class, but students must understand improved skills will help your grade and make for a better experience in physical education.

*Fitness Tests* – We will perform 5 tests at the beginning and at the end of each class. The tests include: Sit-n-Reach, Bench Press (1 rep max), Shuttle Run, Lateral Motion (30 sec), & Sit-ups (60 sec).

*Lifelong Learning* – It is our goal to teach a variety of sports including many individual lifetime activities (i.e. bowling, archery, Frisbee golf, tennis).

### Policies & Procedures:

*Locks & Lockers* – Locks and lockers will be assigned at the beginning of the term. It is the responsibility of the students to keep their belongings locked before, during and after class. A \$5.00 fine will be added for any lock that is lost or stolen.

*Uniform* – Uniforms must be athletic wear. Any combination of **red, white, gray or black** is required. **Absolutely no cut off sleeves or tank tops; failure to follow dress code will result in “zero” for uniform grade and loss of bonus point (max score 7 out of 10 for the day if student still participates).** Non-marking athletic shoes are required and laces must be tied at all times. Sweats or jackets for outside use can be any color combination.

#### CONSEQUENCES FOR NO-DRESS:

- 1<sup>st</sup> Offense – Zero points and a verbal warning.
- 2<sup>nd</sup> Offense – Zero points and contact with parents.
- 3<sup>rd</sup> Offense – Zero points and a referral. Meeting with administrator, teacher, parent and student.
- 4<sup>th</sup> Offense – Potential failure of the term per administration.

*Attendance* – Great attendance is needed for student success. All absences will result in loss of ten daily points until class make up workout sheet is signed by weight room supervisor and returned to teacher. Students can make-up absences by coming in before or after school and working out in the weight room for a minimum of 45 minutes. They can also come in during Broncos Period to make up class as well. One absence can be made up outside of school with teacher approval (bowling, working out at a fitness center, writing a fitness related paper, downhill skiing, etc)  
**\*\*\* Practice for a sport and open gyms do NOT count as absence make ups. \*\*\*Class make ups can only earn seven out of ten possible daily points unless made up ahead of time.**

*Injuries* – Not participating due to an injury still needs to be made up like an absence. If you bring a note from a doctor, please have them list the things you **CAN** do so that participation is still an option.

*Tardy* – All students are required to be dressed and on the line before the bell rings to begin class. First tardy will be a verbal warning and all other tardies will be loss of two daily points . After the 3<sup>rd</sup> tardy, an email will be sent to your parents. After the 5<sup>th</sup> tardy, you will be written up and referred to school administrators for truancy review.

*Cell Phones* – Students are not allowed to have cell phones during class. First offense – cell phone will be confiscated and given back at the end of class. Second offense – cell phone will be confiscated and given to the main office to deal with the situation.

*End of Class* – All students are required to stay in the gym or locker room until the bell rings for the end of class. Any student who leaves or stands in the hallway before the bell rings will lose **HALF** of the points they earned during class that day.

## **Grading:**

All students will be graded on a 10 point scale every day. Daily points will be broken down as follows:

4 points – Exercise (warm-up, fitness work, weight room, behavior, sportsmanship, language)

3 points – Activity (games, skill work, drills, behavior, sportsmanship, language)

2 points – Uniform (as described in Uniform section of syllabus, zero for inappropriate clothing)

1 point – Bonus Point (exhibits leadership, character, random act of kindness, brings cookies to teacher, etc. Students cannot earn bonus point if they lose points in other areas.)

## **Final grade will be determined by the following:**

80% - Daily Grade

10% - Skills (physical and written)

10% - Fitness Tests (3% at the beginning of term and 7% at the end of term)

## **Grading Scale:**

98 – 100	A+	73 – 77	C
90 – 92	A-	68 – 69	D+
88 – 89	B+	63 – 67	D
83 – 87	B	60 – 62	D-
80 – 82	B-	0 – 59	F
78 – 79	C+		