Chula Vista High School Physical Education Syllabus

Required Clothing and Lock:
- Blue shorts or warm up pants, grey t-shirt, and athletic shoes.
- Students may wear official Chula Vista athletic team clothing for physical education (example, Spirit Pack clothing for football is acceptable attire for physical education).
- For your convenience, official PE clothes may be purchased in the ASB.
- Lockers are provided for students who have a number based combination lock (letter combination locks and key locks are not accepted).
- Loaner physical education clothing will be provided to students when the ability to suit up is beyond the student's control (EC 49066).

Due to Safety the Following Are Not Permitted in Class:
- Jewelry of any type.
- iPods/MP3 Players/iPads/laptops/Cell Phones (unless permission provided by teacher for cardio days or video analysis).
- Food/Soda (water okay).
- Flip flops, Toms, sandals, Ugg style boots, or any style of non-athletic shoes.

Jupiter Grades:
It is the expectation that students regularly check their progress on Jupiter Grades. In addition to monitoring progress, Jupiter Grades, in conjunction with Juno Grades, will be used for the following:
- Communication with parents and students.
- Details of and resources for upcoming assignments.
- Study guides.
- Monitor progress in class.
- Online quizzes and tests.
- Directions for make up work due to absences or medical excuses.

Curriculum:
Student performance in high school physical education courses shall be based upon evaluation of the student's individual progress, attainment of goals in each instructional area, tests designed to determine skill and knowledge, and physical performance tests (5 CCR 10060/AR 5121(e)).

- Physical Fitness Development and Knowledge. Students will demonstrate mastery of physical fitness skills and knowledge for lifetime wellness.
- Motor Skill Development and Knowledge: All students will demonstrate physical and cognitive mastery of a variety of standards based motor and biomechanical skills.
- Social Responsibility: All students will be able to participate in all activities with full vigor, demonstrate self direction, follow the rules for the class, and interact with others in a cooperative and respectful manner.
• Fitness Plan: All 9th grade students will complete a personal fitness plan to help them meet personal fitness goals and to help them pass the official Fitnessgram in February. All 10th-12th grade students will complete a personal fitness plan on a client (a fictional person provided by the teacher). The fitness plans will be completed electronically. The fitness plan is a major component of the fall semester grade.

Activities Covered Over The Course of Study of Physical Education at Chula Vista High:

1. Effects of physical activity upon dynamic health
2. Mechanics of body movement
3. Aquatics
4. Gymnastics and tumbling
5. Individual and dual sports
6. Rhythms and dance
7. Team sports
8. Combatives (Self Defense or Wrestling)

Technology:
The physical education department uses technology throughout the course of study. With the availability of iPads (9th grade) computers before and after school in the library and computer lab, the expectation is that Chula Vista High Physical Education students will engage in the following technology components for physical education class:

• Regularly review their progress in class by logging in to their personal Jupiter account.
• Participate in online assessments through Jupiter.
• Complete the district online Fitness Plan.
• Use video analysis (under teacher supervision) to improve motor skill performance.

Grading Procedure:
Scholarship grades are derived from assessments based on the California Model Content Standards. All Sweetwater physical education students will engage in district quarterly assessments: baseline fitness assessment, individual fitness planning, formal fitness assessment, and end of course mastery of motor cognitive skills required for each course of study. Examples of scholarship assessments may include: individual fitness plan, offensive strategy demonstration, written quizzes, written reports, self-analysis of personal fitness through bodybuggs, self-analysis of a videotape of a motor skill, FITNESSGRAM components (mile run time, push ups, curl ups, and sit and reach) and performances in tumbling, dance, self defense, and creation of original games.

A pre-requisite for enrollment in HSCII (not Fitness for Life) is the passage of the Fitnessgram physical fitness assessment in 9th grade. Students enrolled in HSCII (not Fitness for Life) will be exposed to a more vigorous fitness regimen than 9th grade and Fitness for Life Students. HSCII students are expected to pass both the Baseline and Official Fitnessgram assessments. Failure to do so may result in a lower scholarship grade.

Make Up Work:
Unexcused absences or lack of participation due to a medical issue may result in lost participation points. The student is responsible to meet with their teacher to receive make up work for excused absences or medical incidents. Make up work for excused absences or nonsuits must be submitted to the teacher within TWO DAYS of student’s return to class.

Citizenship grades are derived from attendance, cooperation, sportsmanship, suiting up in designated uniform, following rules and interaction with others. The expectation for attendance is students attend class every day, arrive on time to roll call to review the Daily Learning Target and to change into active clothing in the locker room with efficiency. Late arrival and/or lingering in the locker room will result in lost opportunities for the student and will result in lowering of citizenship grade.

Please note: Due to safety issues, a student must be in acceptable physical education attire to participate. Unwillingness to participate and/or wearing of attire deemed not safe by the physical educator will have a negative effect on both citizenship and scholarship grades.

Citizenship Grading Scale:

<table>
<thead>
<tr>
<th>Citizenship Grade</th>
<th>Description</th>
<th>Incidents:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A = Superior</td>
<td>Always arrives to class on time, wears the correct uniform, hustles in and</td>
<td>• Nonsuit</td>
<td>2 or less of any combination of incidents.</td>
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<tr>
<td></td>
<td>out of locker room, doesn’t bring technology to class without permission, plays</td>
<td>• Tardy (to roll call or out of locker room)</td>
<td></td>
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<tr>
<td></td>
<td>with full effort, demonstrates good sportsmanship, takes care of PE equipment,</td>
<td>• Unexcused absence</td>
<td></td>
</tr>
<tr>
<td></td>
<td>and always tries their best even when student doesn’t think teacher is watching.</td>
<td>• Leaves PE equipment Out</td>
<td></td>
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<tr>
<td></td>
<td>Will help clean up PE equipment without teacher asking.</td>
<td>• Bad Behavior (including bringing technology to class, arguing with teacher or classmates, equipment abuse, refusal to participate).</td>
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| B = Average       | Most of the time arrives to class on time, wears the correct uniform, doesn’t| 3 of any combination of incidents.                                                            |  |
|                   | bring technology to class without permission, plays with full effort,        |                                                                                                 |    |
|                   | demonstrates good sportsmanship, takes care of PE equipment, and always tries|                                                                                                 |    |
|                   | their best. Will help clean up PE equipment with teacher asking.             |                                                                                                 |    |

<p>| C = Average       | Always arrives to class on time, wears the correct uniform, doesn’t bring   | 4 of any combination of incidents.                                                            |  |
|                   | technology to class without permission, plays with full effort, demonstrates |                                                                                                 |    |
|                   | good sportsmanship, takes care of PE equipment, and always tries their best. |                                                                                                 |    |
|                   | Will help clean up PE equipment with teacher asking.                          |                                                                                                 |    |</p>
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<thead>
<tr>
<th>Grade</th>
<th>Description</th>
<th>Minimum Incidents</th>
</tr>
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<tbody>
<tr>
<td>D = Below Average</td>
<td>Always arrives to class on time, wears the correct uniform, doesn't bring technology to class without permission, plays with full effort, demonstrates good sportsmanship, takes care of PE equipment, and always tries their best. Leaves PE equipment out.</td>
<td>5 of any combination of incidents.</td>
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<tr>
<td>F = Unsatisfactory</td>
<td>Always arrives to class on time, wears the correct uniform, doesn’t bring technology to class without permission, plays with full effort, demonstrates good sportsmanship, takes care of PE equipment, and always tries their best. Leaves PE equipment out.</td>
<td>6 or more of any combination of incidents.</td>
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**Locker Room:**
- Only one student per locker.
- There will be random locker inspections and incidents of sharing, non laundered clothing or vandalism will have a negative effect on the student’s grade and possible consequences involving administration.
- No food or drinks (other than water) in the locker room.

**Illness:**
A parent note excusing a student is valid up to 3 days, but must first be cleared through the nurse’s office. Medical excuses for longer than 3 days require a Doctor’s completion of the Sweetwater standard medical excuse. Upon return, the student must clear the district medical excuse note with the nurse’s office. In compliance with district policy, medical excuse notes from Mexico will not be accepted.
Dear Parents/Guardians:

As your student’s teacher, I strive for communication with parents/guardians to “check in” both when progress is excellent, and when there may be a problem developing. At any time if you have a question or concern, please contact me. It is my philosophy that a solid education requires the teacher and parents/guardians working together to help students’ succeed. Please be advised that your student may be videotaped or photographed for self analysis of skill development (example videotaping of a tumbling unit followed by student self assessment based on a rubric, after identifying areas to work on, students continue to practice making corrections).

Please provide your contact information below:
Name:_________________________ (Please Print)
Phone:_______________________
Email:_______________________

Please advise if there are any medical conditions or anything special I should be aware when working your student:__________________________________________________________

I look forward to working with you and your student this semester. Please don’t hesitate to contact me if you have questions or concerns.

Regards,

Chula Vista High School Department of Physical Education

Please sign and return with your student:

Student name:__________________(Print)  Student name:______________________ (Signed)
Parent/Guardian Name:_________________________