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Woodside High School Physical Education 2 (PE2)

This course is designed to give students the opportunity to learn through a comprehensive sequentially planned Kinesiology and Physical Education program aligned with the California Content Standards for Physical Education. Students will be empowered to make choices, meet challenges and develop positive behaviors in fitness, wellness and movement activity for a lifetime. Emphasis is placed on students developing a personalized weight program for a healthy life-style which is based on their personal goals. Units of instruction include: introduction to anatomy, physiology, kinesiology and physical education with personal fitness emphasis, fitness testing, weight lifting concepts and techniques, cardio-respiratory endurance training, nutrition, team activities (cooperative learning, think-pair share).

Objectives/ Expected School-wide Learning Results

Woodside High School fosters the “8 Conditions” of student success: Belonging, Heroes, Sense of Accomplishment, Fun and Excitement, Curiosity and Creativity, Spirit of Adventure, Leadership and Responsibility, and Confidence to Take Action.

California Content Standards

- *Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.*
- *Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.*
- *Demonstrate knowledge of psychological and sociological concepts, principles and strategies as they apply to learning and performance in physical activity.*

COURSE REQUIREMENTS: Students are required to arrive at the locker room before the final bell. They will have 5 minutes to change and report to the weight room. In order to earn a passing grade in PE weight training, students will be required to dress and participate daily in the required activity, complete all required written assignments, pass the skills/written tests and behave responsibly throughout the entire period (including the locker room). Students may voluntarily purchase clothes that meet the PE clothing requirement at arena check in or through the student store during the year. Students may also purchase from any retailer (or bring from home) a solid black sweat pant or short and a plain ash gray t-shirt-no tank tops. If a sweatshirt is worn over the t-shirt, it must be solid black. Athletic shoes and socks are also required for safety.

FITNESS TEST REQUIREMENTS- Please note that all students are required to pass 5 out of the 6 state mandated fitness tests in order to exit out of physical education in the SUHSD. More information about the fitness requirements can be found on our website under the Physical Education department page. Students are not graded on their fitness tests in physical education, but are graded on effort towards improving individual fitness and reaching their personal fitness goals.

GRADING: The grading policy for physical education is as follows: Students will have the opportunity to earn 10 points on a daily basis:

4 Points: Dressed in ash gray t-shirt and either black sweats or black shorts, athletic shoes and socks.

1 Point: On time to Number or SSR classroom, with all materials ready for the activity.

3 Points: Participation in all class activities during the period.

2 Points: Individual effort based on each student's abilities.

If a student is on time, dresses and participates fully, with a maximum effort they will earn 10 points. Failure to dress will result in the student's ability to earn a maximum of 6 total points for the day. Students will be allowed to borrow clean PE clothes in the locker if they forget theirs. After the 2nd non dress, a phone call home will be made. On the 3rd and every subsequent non dress, if a student refuses to borrow loaners a referral to the VP will be made. Students will also earn points for all written assignments, skills/written tests and projects done in physical education. The final grade will be based on the total points earned. The physical education department follows the district Academic Integrity Policy. Any cheating will result in a referral to the vice principal and a failing grade on the assignment. Cell phones are not allowed during class (including locker room).

Grade scale:

[90-100% A] [80-89% B] [70-79% C] [60-6% D] [59% and below F]

ATTENDANCE: For 2nd-7th periods, once a student reaches **4** total absences, of which **3** are unexcused, a student is unable to pass. For 1st period, once a student reaches **8** total absences, of which **3** are unexcused, a student is unable to pass. A parent/guardian must clear an absence with the attendance office within **5 days**. Refer to the attendance policy on the WHS website for further details on attendance. Each absence (excused or unexcused) from physical education will result in the student not being able to earn their 10 daily points. They will have the opportunity to earn those points for **excused** absences (ex. home sick) or **excused** non-participation days (ex. at school with a sprained ankle or getting over an illness). **ALL EXCUSES REQUIRE A PARENT NOTE.** The fitness center is available all quarter long (M,T,TH) after school from 3:30-5pm for PE make-ups. The student will check in with the teacher in charge and have to complete a specific workout in order to get credit. Please note that the locker room will be closed after 3:10. Students will not be able to use the locker room after the makeup session. Students will need to bring all their belongings with them to the fitness center.

Please feel free to contact your Physical Education teacher if you have any concerns.

Student Signature

Parent Signature