Physical Education Syllabus (2019-20)

School: *Garfield High*

**Garfield High School**

1255 16th Street • San Diego, CA • 92101

(619) 362-4500 Ext. 3113

**Physical Education 1/2 (5503/5504)**

**Physical Education 3/4 (5701/5702)**

**Instructor: Mrs. Hernandez**

**Room**: Multipurpose Room

**Email:** [mmadrigal1@sandi.net](mailto:mmadrigal1@sandi.net)

**Course Description**:

This course is designed to give students the recommended amount of 45 minutes of moderate to vigorous-intensity physical activity every day. Students will learn terminology associated with physical fitness, health, and the human body. This class will also teach students about the benefits of physical activity and how to create and work towards meeting personal fitness goals. Lastly, students will play modified team sports and will learn basic rules to participate in volleyball, basketball, and badminton.

**In physical education class students are expected to​​**:

**Come to class with a positive attitude!**

* Negativity will only prevent you, and those around you, from succeeding. One bad attitude can cause an entire team to feel deflated.
* Use your words to motivate others, not to point out their faults. A team that encourages their teammates always has more fun than a team that puts each other down.
* When you come to class, that is your opportunity to get your mind on positive things, like building a healthier body!

**Come to class ready to move!**

* Be ready to try things that you have never done before. I know that exercise can be difficult and feel uncomfortable at first. The faster you start participating, the faster you will start feeling comfortable moving your body! Remember we are all in this together.
* For some of you, this is your only opportunity to exercise, so make the most of it by trying your personal best while you have access to free workout time!
* Make sure you have comfortable clothes and shoes to workout in so that you are free to focus on your fitness when you get here. This is not the time to worry about messing up your hair!

**Take care of personal needs before or after class**

* Physical education requires your hands-on participation in order to succeed. If you need to talk with your counselor, finish homework, or take care of other personal business, do not expect to do it during P.E. class.
* Take care of phone calls/texts during lunch or after school. If you are waiting for an important call, tell them ahead of time that you cannot answer your phone when you are in class. Missing a call/text is easier to deal with then getting your cell phone taken away.
* You have lunch time to eat. Do not bring any food or drinks, other than water, into the gym. If you had detention, that does not entitle you to have lunch time during class.

**Be responsible for your actions**

* Playing sports and doing exercise will wake you up and make you feel energized. While I want you to have fun, it is also important to maintain personal boundaries with those around you. During games, pushing, pulling, or even playful touching like tickling, can very quickly escalate into an unintentional argument. Many times, people think they are being funny, when the other person is only getting agitated. Keep your hands to yourself and play fairly and responsibly.
* You are free to use any equipment in the gym that Mrs. Hernandez says you may use. Use the equipment appropriately. It can be damaged or broken if you misuse it. You will be held responsible for any damage you cause to any of the exercise equipment, tables, walls, white boards, computers, and all other equipment in the gym that does not belong to you.

**Keep the gym clean**

* All dumbbells, weights and barbells must be put away before you leave each day. That means that no equipment should be left on the floor.
* All sports equipment must be returned to the storage room and put away as well.
* If you finish your water, make sure to take your empty water bottle with you, or throw it away.
* Put away your workout clothes. If you borrowed clothes from Mrs. Hernandez for the day, put it in the black hamper before you leave. If you want to keep your clothes/shoes in the gym, Mrs. Hernandez is nice enough to let you do that; however you must put it in a bag so it can be hung up in the storage room.

**Continue thinking about your health outside of class!**

* Physical fitness is for LIFE!
* You are working hard on improving your fitness in this class. Do not throw away your progress by making unhealthy choices outside of class! Instead, eat more fruits and vegetables, drink more water, and watch how your body-- and your mind-- will feel stronger and healthier in just a few weeks. That is a promise!

**Grade determination**

Grades are comprised of 80% participation and 20% assessments. Assessments consist of quizzes, tests, the final exam and anything else that shows independent mastery of the material. The participation portion of the grade consists of physical activity, changing into workout clothes, and any other work done in class. All work turned in must be complete; any late work will receive partial credit. Grades are updated regularly on PowerSchool and are based on the following percentages:

   
97.5% - 100% = A+      87.5% - 89.4% = B+      77.5%-79.4% = C+      67.5%- 69.4% = D+

92.5% - 97.4% = A       82.5% - 87.4% = B        72.5% - 77.4% = C       62.5% - 67.4% = D

89.5% - 92.4% = A-      79.5% - 82.4% = B-       69.5% - 72.4% = C-      59.5% - 62.4% = D-

 0% - 59.4% = F

**Make-up Policy**​​:

If absent, check in with Mrs. Hernandez to see what you missed upon your return. You are responsible for finding out if there is anything you need to make-up. We do all of our work in class, so if you need to make up points missed in an absence, please set up a time after school to come in to the gym and work. If you are absent on the day of a quiz or test, it is your responsibility to arrange a time to make it up.

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