

Course Syllabus

Course	Physical Education
Class Times	Tue & Thurs: 10:12a-11:07a (Period3), 2:32p-3:45p (Period6)
Location	Gym
Instructor	Professor Marisella Macias
Email	mmacias@icpa-ca.org

Curriculum: This course is designed for the general student to develop strength, flexibility, endurance, movement memory, balance and coordination to prepare for other athletic activity. The course is designed to introduce basic movement skills through physical activity and exercise techniques for overall body conditioning.

Student Responsibilities: "Actions for Success"

1. Student must dress in proper PE uniform each day of class.
2. Student must complete all physical and written assignments.
3. Student is responsible for being a good citizen by demonstrating respect and courtesy to others at all times.
4. Student is responsible for informing the professor of any absences.
5. Student will be responsible for any work missed during an absence or school sponsored event.

Grading Procedures:

(the following grading categories and percentage weight are subject to change)

1. Daily Participation (40% of total grade)
Students can earn 10 points per class for full effort during activities. Loss of points can occur for the following:
 - Non-dress w/ no participation = -2 to -10pts
 - tardy = -4pts (after the third tardy)
 - absence = -10pts (see make-up policy below)
2. Fitness (30% of total grade)
Students will demonstrate individual improvement in cardiovascular fitness, flexibility, muscular strength and endurance through sports and a variety of fitness activities. Make-up work is expected for all graded fitness activities, missed due to medical excuse, (with note from parent or doctor) excused absence and any school sponsored event.
3. Knowledge of Fitness and Sport (10% of total grade)
Physical Tests, homework, projects and reflections.
4. Social Development (10% of total grade) 25 pts per Qtr.
Students will demonstrate appropriate social skills and sportsmanship during group and individual activities. Loss of 5 points can occur each time for inappropriate behavior. Make-up work is not permitted when loss of social points occur.
5. Skill Development (10% of total grade)
Students will demonstrate improvement in individual/duo and team sport skills. All improvement is measured by a skill assessment using a rubric.

Dress Code:

Students are expected to dress in appropriate clothing in order to fully participate in PE.
Girls: Shorts, t-shirt, tennis shoes and sports bra (as needed, please see Professor Macias)
Boys: Shorts, t-shirt, and tennis shoes

Make-Up Policy:

Students are permitted to complete make-up work. (All fitness assignments must be made-up during PE make-ups at the end of the Quarter.) Make-up work is not permitted for unexcused absences, tardies, loss of participation points, and loss of points for social grade, jewelry and trancies. **PE make-up dates will be posted to follow.**

Medical Excuses:

Students are excused from participation with a parent or Doctor note only. Parent notes are accepted for three consecutive days of class only. After the three consecutive days of class a Doctors note is required. (Students are still required to (in their PE uniform during medical excuses.) During the parent/Doctor medical excuse, students are required to make-up work during class with a written assignment. All fitness/skill assessments missed (during parent medical note) must be made up as well. It is the student's responsibility to make arrangements for the skill assessment make-up. Any fitness assignments missed during the medical excuse, can only be made up during PE make-ups at the end of the Quarter.

Grading Scale:

100-95	A
94-90	A-
89-85	B
84-80	B-
79-75	C
74-70	C-
69 & below	No Credit

***Please be a responsible member of this class and make good choices regarding your participation, character, attendance, effort and assignments. If you have any questions, please see Professor Macias.