

# Health & Physical Education Syllabus 2011-2012

## General Course Descriptions:

Ninth grade students will participate in one quarter of Health and three quarters of Physical Education.

Tenth grade students will participate in one quarter of Health, one quarter of Drivers Education, and two quarters of Physical Education.

The 9<sup>th</sup> & 10<sup>th</sup> grade Health & Physical Education grade will consist of progress toward completion of the Virginia Standards of Learning and FCPS Program of Studies (POS), including the following standards:

Standard 1 – Demonstrate competency and acquire proficiency in lifetime sports / activities

Standard 2 – Analyze movement concepts and principles to enhance motor skill performance

Standard 3 – Plan and describe a personal fitness and wellness program

Standard 4 – Achieve and maintain a health-enhancing level of physical fitness

## Each Physical Education class will be graded as follows:

70% = Standards 1-4 (fitness and activity / sport component of PE class)

30% = Assessments (written tests, skills test, other assessments)

## FCPS Grading Scale

A (93-100) = 4.0

B+ (87-89) = 3.3

C+ (77-79) = 2.3

D+ (67-69) = 1.3

F (below 64) = 0.0

A- (90-92) = 3.7

B (83-86) = 3.0

C (73-76) = 2.0

D (64-66) = 1.0

B- (80-82) = 2.7

C- (70-72) = 1.7

A typical PE class will have a fitness component (warm-up, running in gym/track, core rotation, stretching etc.) to begin each class. The activity (sports such as softball, badminton, basketball, volleyball etc.) will be started following the fitness portion of class. Students will learn the history, rules and skills needed to successfully participate in the activity. A skills test and written test will be administered to assess students learning at the conclusion of each activity. Students will receive study guides in each activity in order to prepare for written tests. Students will be expected to participate in both the fitness and activity portions of class. Students are required by the state to take the VA Wellness Fitness Tests throughout the school year as well.

**Absences:** All students are expected to complete all work missed when absent. Students who are excused absent will receive full credit when they make up their work. When the absence is unexcused, students will receive 50% of the score earned on all class work, assignments and assessments. When the student is absent they must attend a PE make-up or bulldog block to earn the points they missed during class. REMEMBER, if the student is **unexcused**, they will only receive 50% of the grade earned. (Ex: If a student makes up a PE class and earns a 100%, because the absence was unexcused, they will only receive 50% of the grade)

**Tardies:** If a student reports to class with an **EXCUSED TARDY** pass, the student may be allowed to dress out for PE. If the student is more than 15 minutes tardy with an excused pass they will not be allowed to dress out and must make up the class. Students must be sitting in their squad line when the tardy bell rings. Tardiness poses a safety and security risk in the locker rooms, as well as a disruption of the learning environment. This makes it imperative that all students report to the gym on time, dress out quickly, and get to class on time. **UNEXCUSED TARDY may result in the inability to enter the gym and locker room.** If student is more than 15 minutes unexcused tardy they will not be permitted to dress for class and receive an UNEXCUSED ABSENCE.

**Making Up Missed Work:** It is necessary for students to participate fully on a daily basis, while maintaining good attendance. All activity and fitness missed must be made up to receive credit. All classroom make-ups should be arranged with the instructor.

\*Extracurricular Activities, pre and post season conditioning and Athletics **DO NOT** count toward make-up work\*

**After School PE Make-ups** – Students are encouraged to make up the class (es) they missed on Monday late bus days. PE make-ups are held from 2:15 p.m. - 3:15 p.m. Students may take the late bus home at 3:30.

**Bulldog Block** – Students may make-up work missed on their scheduled bulldog block days. Since bulldog block is only 35 minutes, students who miss an entire PE class must attend 2 bulldog block periods in order to make up 1 PE class. 7<sup>th</sup> period students must attend 1 bulldog block to make up one missed class or one PE make up for 2 missed 7<sup>th</sup> period classes.

**Uniform:** WHS gray shirt-\$4 and WHS black shorts-\$8 Short

**Optional items:** \$13 WHS black Sweatpants \$16 WHS black hooded Sweatshirt \$10 PE Bag \$12 Towel Service

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- Due to health and hygiene standards, a change of clothing is **REQUIRED**. For reasons of hygiene and safety, students should **dress in the Westfield High School P.E. Uniform for activity classes**. Socks and athletic shoes with laces and a non-defined heel are also considered part of the uniform. Optional sweat suit may be worn **over the basic uniform**.
- Failure to be prepared with the **appropriate uniform** will limit the ability of the student to participate in graded class activities, and may decrease the students' grade up to 100%.
- For the safety of the students, certain jewelry must be removed prior to activity class.
- Towel service is available for \$12 per year. If a towel is lost, there is a \$4 replacement fee.

**Locks and Lockers:** Students will be issued a combination lock and small locker for the year. Students must not share their lock combination with anyone, and are not allowed to share lockers or move to another locker. A lost lock will cost \$5.00 to replace. Students may **NOT** store their items in large lockers overnight. Students may bring **SMALL** book bags / back packs into the locker room that can fit in a locker, and be locked up. All valuables / electronics should be locked up in a locker and not brought into the gym for PE class. **The student is responsible for locking up all of their belongings**. At the start of each class, the locker room will be checked to make sure all lockers are lock. If your lock is unlocked or your personal items are left out, they will be collected by the PE staff. At the end of class, the items will be returned to the student and the student will receive a Monday after school PE detention.

*The HPE staff is not responsible for lost / stolen items.*

**Lost and Found:** All found items should be turned in to a teacher. Please check with a teacher if you have misplaced an item. All stolen/lost items should be reported to security. **Students should not bring valuables into the locker room.**

**Medical Excuses:** Parents may excuse their student from PE due to injury or illness for 2 PE classes with a signed note from parent. After 2 PE classes, student must obtain a physician's note explaining what the student is able to do in PE class. If the illness/injury is longer or student is unable to participate in PE class, a meeting will take place between the parent, student, teacher and counselor.

**Equipment:** Loss of or damage to equipment and facilities through maliciousness or neglect will be the responsibility of the student to replace or repair.

**Sportsmanship and Respect:** In line with our Westfield PRIDE initiative listed below, all students will work cooperatively and appropriately, while respecting the rights and differences of others. Any comment, gesture, or action that abuses, demeans, harms, or embarrasses another person is prohibited!

**Sophomore BOWLING:** It is our wish to have all 10<sup>th</sup> grade classes participate in a bowling unit. This unit is held off campus, and incurs a cost of \$2 per day to the student. Before we begin the unit, a student must have a signed field trip form and rules sheet by both student and parent.

**Honor Code & P.R.I.D.E. Statement:** Copying homework, cheating on quizzes or tests, and plagiarism are serious offenses. Be sure to understand the expectations for each assigned task, and be sure to complete each one *honorably*. Never be afraid to ask if you are not sure about what is expected and acceptable. Members of the Westfield High School community are committed to demonstrating **Personal Responsibility, Respect, Integrity, Discipline, and Excellence (PRIDE)** in all activities and programs. All teachers are committed to supporting honest, individual student achievement; therefore, the policies and procedures outlined in the Westfield Honor Code will be upheld and enforced. Students and parents/guardians are expected to be familiar with the code and to adhere to its guidelines at all times. Please take a moment to review the Westfield Honor Code at:  
[http://www.fcps.edu/WestfieldHS/about\\_whs/Honor\\_Code.htm](http://www.fcps.edu/WestfieldHS/about_whs/Honor_Code.htm)

**I have read and understand the Honor Code, HPE policies, procedures, and grading. I understand my role, and agree to follow these guidelines.**

Student's Printed Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent's Printed Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent Email Address (please print clearly) \_\_\_\_\_ Date \_\_\_\_\_

Student's Email Address (please print clearly) \_\_\_\_\_ Date \_\_\_\_\_