

Oswego High School
Physical Education Department
Course Syllabus
2016-2017

Course Objective: This course is designed to teach the individual the importance of physical activity and maintenance of personal wellness.

Grade book Website: www.jupitergrades.com
All grades are posted on this website. Parents and students have access to daily participation, and comments. Please visit this site regularly to monitor your PE grades.

Brief Overview:

1. Be prepared. If unprepared no participation.
2. This is a *one semester* (20 week) course.
3. Each student must pass 8 semesters to fulfill the graduation requirement at OHS.
4. Each day the student may earn up to 4 participation points based on the daily grading rubric.
5. If absent legally from class each student must participate in a make-up class to earn participation points.
6. No one is allowed to share a PE locker.

Class Rules:

1. Be prepared for class each day.
You will not be allowed to participate if you are unprepared.
2. Participate in all activities.
3. Be on time. You must have a pass if you are late.
4. No food or drink in gymnasium or locker room.
5. All items need to be LOCKED. Each student is responsible for the security of their belongings.
6. Be considerate of others.
7. No Jewelry.
8. No cell phones or electronic devices allowed.
9. All student handbook policies apply in PE class.
10. Play safely at all times.
11. HAVE FUN!!!!!!

Preparation:

1. Tee-shirt, shorts, sweats, socks, etc...
2. Appropriate footwear: sneakers only
3. No clothes that reveal undergarments
4. A change in clothes is required for full credit in PE.
* Athletic uniforms are not acceptable for class

Locker Room:

1. All belongings must be locked at all times. The OCSD will not be held responsible for unlocked items. It is the responsibility of the student to inform their PE teacher if their assigned lock is not closing properly, or any other issue with their assigned lock.
*Your lock is to remain on your assigned locker

Medicals:

If you are to be medically excused from physical activity you must have a physician's excuse. You are still required to report to class at the beginning of each class period for attendance and so that the instructor may check the progress of your assignments. If a student is medically excused up to 5 class days or less, that student must attend make-up PE classes for each day excused. If a student is medically excused more than 5 class days an assignment will be given by the PE teacher. A written contract will be filled out indicating content, and due date of the assignment. If you need to be on a medical ask your doctor what activities you "can do" so that you may be able to do those activities to receive PE credit for the day (i.e. walking, or upper body only) Students that are taking more than one PE class must turn in different work for each class assigned.

Attendance:

If legally absent from class a student will be responsible for earning the participation points they have missed. All legal absences are required to be made up. Field trips and music lessons need to be made up by the student when their schedule permits. A class cut is an illegal absence and students that have cut a PE class will NOT be allowed to make that class up.

Make-Up Classes:

Guidelines

1. Obtain a pre-signed pass from your own teacher ahead of time. No exceptions....
2. Show your study hall teacher the pass
3. Be on time for the PE class you are joining
4. Participate in the activity being offered in class
5. Students that just "show up" without prior permission will be sent back to class.
6. All aquatics make-up classes will be held in the pool

7. **Missing an assigned class is never an option. Study hall, lunch and after school are the appropriate times**

Make-up Class Deadlines

EACH STUDENT WILL HAVE THE 10 WEEK MARKING PERIOD TO MAKE UP CLASSES. FOR THIS REASON ONLY ONE MAKE-UP CLASS PER SCHOOL DAY WILL BE ALLOWED. PLEASE PLAN ACCORDINGLY.

Oswego High School Physical Education Grading Rubric

Participation:

Daily Rubric

| | | | |
|--|--|---|--|
| Always works hard and gives maximum effort. Is attentive, punctual, prepared, and enthusiastic. 4 | Puts forth effort and is attentive most of the time. Prepared, punctual, participates most of the time. 3 | Sometimes puts forth effort. Not always attentive. Gets distracted. Generally prepared, punctual, usually participates. 2 | Rarely exhibits effort. Does not stay attentive. Tardy and lack of participation. 1 |
|--|--|---|--|

Knowledge:

Projects, quizzes, reports, journals

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|--|--|--|---|
| Demonstrates comprehensive understanding of concepts, personal wellness and safety procedures. | Demonstrates very good understanding of concepts, personal wellness and safety procedures. | Demonstrates general understanding of concepts, personal wellness and safety procedures. | Demonstrates little or no understanding of concepts, personal wellness and safety procedures. |
|--|--|--|---|

This is the Rubric for each assignment. Point values may vary.

The grade will break down as follows for each marking period:

Participation (80%) + Knowledge (20%) = Final Grade 100%

Please turn in this page to your assigned PE teacher

The goal of the Physical Education curriculum is to promote the individual success of each student. Please remember that the majority of your grade is based on daily participation in class. Every student has the ability to achieve in physical education. If you have any questions about how your grade is calculated feel free to ask your teacher to explain the grading system. Don't forget to check www.jupitergrades.com.

Success is a Choice!!

Today's Date: _____

Student Name: _____

Parent/Guardian Signature: _____

I have read the Physical Education Course Syllabus.

I am aware that my child needs to participate in class regularly to have the opportunity to pass.

I also understand that I may monitor their progress and view teacher comments by visiting www.jupitergrades.com

