

Canyon Crest Academy Year One PE

Students will be participating in a dual Physical Education/Health Education program. The in-class PE portion will be 70% of your overall grade, and the online Health portion will make up the remaining 30% of your grade.

“PE” Portion of Class

Year One Physical Education is designed to provide students with the knowledge and ability necessary to attain and maintain a healthy lifestyle. Students will learn about and take part in a number of individual sports, team sports, and fitness activities.

“PE Grading”

PE Grading—70% of the overall grade in Year 1 PE will be based on the percentage earned in the PE portion of this class. All students begin the grading period with the maximum number of points available = 100 points per quarter. Points will be deducted or rewarded based on the following:

A. Excused non-participants	-5 beginning on 4 th excused non-participation if student does not make up missed participation time within two weeks of excused non-participation
B. Non-suits / Improper PE clothing	-5 per day / -2 per day
C. Truancy	-10 per day
D. Performance below expectations	-1 to -10 per day
E. Absent from second roll call	-2 per day
F. Extra participation points	+1 to +5 per day
G. PE make-ups/Extra Credit	+5 per make-up

PE Component Grading Policy Explanations

A. EXCUSED NON-PARTICIPATION: Includes excused absences, parent or doctor notes excusing you from participation. 3 excused non-participations per quarter will not affect your grade. After 3 excused non-participations have been used in one quarter, you will need to do makeup work/makeup activity within 2 weeks of absence/non-participation to earn credit for lost PE class time. Any excused non-participation beyond 3 per quarter that is not made up in two week time frame will cost 5 pts. towards PE grade. You are expected to dress out in the required PE clothes even though you have a parent/doctor note. Failure to dress out will result in a non-suit.

MEDICAL EXCUSES: A physician’s note is to be shared with your teacher and the nurse at the onset of a medical problem lasting longer than three class sessions. The PE

teacher will attempt to modify the student's program to meet the guidelines of the physician. If the injury/illness extends past 12 class sessions during the quarter and no modifications can be made, the student is advised to drop the class and take it again at a later time.

B. NON-SUITS: Failure to dress in the required PE clothes will result in a non-suit. Each non-suit will deduct 5 points. Perpetual non-suits may result in a lunch or after school detention.

C. TRUANCY/CLEARING ABSENCES: It is your responsibility to see that any absence is cleared as required by the attendance office. Uncleared absences are truants. If you leave class or the class area anytime during the period without permission, it may be considered truant. Truants deduct 10 points and may be assigned detention.

D. PERFORMANCE BELOW EXPECTATIONS: You will be evaluated on your class conduct, effort, attitude and participation. Points will be deducted if you do not put forth your best effort.

E. ABSENT FROM SECOND ROLL CALL: Failure to come to second roll call will result in a deduction of 2 points.

F. EXTRA PARTICIPATION POINTS: This is an area where exceptional participation can be rewarded by the teacher. Points can be added to your participation grade only.

G. PE MAKE-UPS/EXTRA CREDIT: Near the end of each quarter, two make-ups will be offered to earn points to improve your grade. Each make-up is worth 5 PE points. Your individual teacher will let you know how this can be done. A maximum of 100 pts. can be earned in the PE portion of this class per grading period.

GENERAL INFORMATION YOU ARE REQUIRED TO KNOW

PE Clothes: The required clothing consists of mesh athletic shorts, no pockets and a T-shirt. Sweats are permitted for cold days. Tennis shoes that lace or velcro and athletic socks are mandatory.

RAINY DAYS: Be prepared to dress in PE clothes and meet as directed by your teacher.

LOCKER ROOM: After students are dressed out the locker room will be closed. All personal belongings must be locked in your locker!

EQUIPMENT: You will be assigned a locker and issued a lock for your private use. Lost locks can be paid for at the finance office. Upon payment for a lost lock, your teacher will issue you a new lock. You are NOT allowed to share lockers.

ONLINE HEALTH CLASS

Health class is a part of Year One PE and you will be responsible for completing your health course curriculum online. Login information will be discussed in class. Please keep this information in a safe place. The units and topics covered in this class are as follows:

- **Personal health, nutrition, & fitness
- **Preventing disease and injury
- **Growth, Development, and Sexuality
- **Substance abuse
- **Mental Health and Community Health Issues

OTHER IMPORTANT INFORMATION

- **The Health portion of the class will be 30% of your grade.
- **You will be responsible for completing each unit online and will have a specific amount of time to complete each unit.
- **Each unit averages out to approximately 10-12 hours of online work so please plan accordingly.
- **At the end of each unit, the class will take the unit test together in the media center.
- **See potential guest speakers below.

The time frame for testing dates is outlined below. Please mark your calendar accordingly and be sure to be present on those days. If you have a lap top of your own that you would like to bring in that day to test on, please feel free to do so. However, its safe keeping is your responsibility.

Unit 1 Testing Window:	Term 1 (week of) Oct. 3	Term 2 —Feb.27
Unit 2 Testing Window:	Term 1 (week of) Oct. 24	Term 2 —March 26
Unit 3 Testing Window:	Term 1 (week of) Nov. 14	Term 2 —April 23
Unit 4 Testing Window:	Term 1 (week of) Dec. 12	Term 2 —May 14
Unit 5 Testing Window:	Term 1 (week of) Jan. 17	Term 2 —June 4

Potential Guest Speakers

Ennis Jackson

Ennis has been a nationally registered Paramedic for sixteen years and has been in the Emergency Medical Field for over 25 years. He has provided his services to high schools and colleges for 10 years. Ennis is a veteran Paramedic, who with the help of PowerPoint uses still pictures, real stories, poems, music, and videos to reach all of the students that attend his presentations. Ennis' motivational speech shows students that their perception of themselves as being indestructible can sometimes be what gets them into trouble. Through his use of graphic evidence of injuries from vehicle collisions, trauma, burns, etc., Ennis has touched the hearts of many teenagers through both the laughter and the tears that come about when he presents. Ennis brings the truth to students (through pictures and videos—holding nothing back) about the potential consequences that exist

with the decisions that they as young adults are forced to make. What makes his program so powerful is the way that Ennis presents it. As a paramedic, Ennis has responded to countless vehicle collisions involving drugs and alcohol, domestic violence, drug overdoses, etc. His true stories are heart felt and sometimes very close to home. Ennis will also answer questions regarding First Aid, careers in EMS, and other related topics and career fields. More information can be found at enniscjackson.com.

Lynn Larkin Flanagan –Breast Cancer Survivor

Since her cancer diagnosis, Lynn has organized numerous seminars for the community about the early detection of breast cancer. She started a support group of breast cancer survivors who thrive in our community and she speaks regularly to high school students about early detection through the Just for Teens Program. In 2006, she received the Breastlink Spirit Award. In the fall of 2008, CancerCare in NYC named her Donor of the Year for a program on triple negative breast cancer which she organized. It reached 1,100 participants worldwide. Lynn passionately promises she will not stop her outreach to the community until women no longer die from breast cancer.

I have read the above information and agree to adhere to the expectations and policies of “Year One PE.”

Parents: Please make a note below the signature lines if you do not want your son or daughter to view any of the potential guest speakers listed in this syllabus.

Student Name (Print) _____ **Period** _____
Student Signature _____ **Date** _____
Parent Signature _____ **Parent Phone Number** _____