

Washington-Liberty High School

Physical Education Syllabus 2023-2024

Class Objectives

Students will develop an appreciation towards participation in physical activities for a lifetime of fitness. Students will be expected to gain knowledge in the following areas, for each unit taught: proper form and skills, scoring, positions, strategy, and safety procedures. Students will gain and demonstrate more specialized knowledge in identifying and applying key movement concepts and principles.

Program

As a graduation requirement, all students are required to pass two years of health & physical education. Health & PE I consists of two quarters of health and two quarters of physical education. Health & PE II consists of either three quarters of physical education and one quarter of health or two quarters of physical education, one quarter of health, and one quarter of driver's education.

Uniforms/Dressing Out and Participation

Appropriate attire is required for physical education class, sneakers are a must (no flip flops, Crocs). Washington-Liberty shirts will be sold during class time during the first week of PE. Participation in some units may not be allowed based on the clothing the student is wearing (example: no jeans or baggy clothes in the weight room). Any students who are unable to purchase appropriate clothes for physical activity for any reason should see their PE teacher for assistance.

PE teachers may have uniforms/shoes available to loan to students for a class period, but students are expected to bring their own.

Cost of W-L PE clothes and locks:

\$5.00 for shirts ***PE locks will be loaned out this year (\$7 replacement fee if lost)***

Checks should be made out to Washington-Liberty High School and include the student's name on the check.

Cash and money orders are also accepted.

In each quarter, the following will apply if a student does not participate (in addition to a reduction in points for that class period) without an approved excuse:

1st offense - inquiry/warning from their PE teacher *3rd offense - after school detention and phone call home*

2nd offense - lunch detention and phone call home *4th offense - referral to their administrator*

Locks & Locker Room

Cell phone use is prohibited in the locker rooms and the gym. Students are required to leave their bookbags and other belongings in the locker room during class time.

Each student will be assigned a personal locker for storage. Students must use a Washington-Liberty PE issued combination lock (gray-faced) for use in the locker room. We encourage students to leave valuables at home. Lock all belongings, including cell phones and other technology, and do not leave things sitting out in the gym or locker room. Students are responsible for their own personal property.

Absences and Make-ups

According to APS School Board Policy Implementation Procedures 25-1.1 Attendance, "students forfeit daily class grades for all unexcused absences." Students entering class after warm-ups have begun will be marked tardy and will lose credit for warm-up activity already in progress.

A student must be afforded the opportunity to retake or revise a summative assessment after remediation. This must be student initiated and completed within 10 school days of grade receipt. The teacher shall determine the type and timeframe of remediation and implementation of the retake or revision. Only the higher score on the summative assessment from the original or the retake or revision, will be used to calculate the student grade.

Medical Excuses

A **written** excuse from a parent/guardian is required if a student is unable to participate in class due to medical reasons. Depending on the illness/injury, students may still be expected to dress out and the activity will be adapted to accommodate the student, or an alternative assignment will be provided. After **three days of an injury or illness**, a doctor's note will be required for exemption from class participation.

Grades

Student grades reflect student achievement and not student behavior. Students will be graded daily using a **16-point rubric (4 points per section of class):**

- ***0-4 Points** will be earned for participation during the warm-up activity
- ***0-4 Points** will be earned for participation during the core exercise activity
- ***0-4 Points** will be earned for participation during the cardio activity
- ***0-4 Points** will be earned for participation during the unit activity

Assessments may be conducted through skills tests, written tests and/or game situations. Students may take a quiz at the end of each unit which may count as one additional daily grade for the unit. Teachers will provide a study guide prior to the quiz date.

Instruction in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED) is included in Health/PE I, and is required for graduation.

Final Exams

The PE department follows the guidelines of the faculty handbook regarding final exams. At the teacher's discretion, students who have demonstrated outstanding achievement in a course may be eligible for exemption from the final examination in that course. Seniors participating in Senior Experience will be exempt.

The PE final is a modified triathlon.

Quarterly and Final grades are comprised of the following:

Quarter Grades	Final Grade
Daily Class Grades: 100% (based on daily rubric)	Each quarter: 22.5% (2 quarters health & 2 quarters PE) Final Exam: 10% (if exempt from the final, each quarter will be 25%)

Grading scale: A 90-100	B+ 87-89	B 80-86	C+ 77-79
C 70-76	D+ 67-69	D 60-66	E 0-59

Honor Code

Students will be asked to sign an honor pledge for each major assignment turned in. By signing the pledge, students will acknowledge their understanding of the honor policy and that they have not violated that policy in any way. *"On my honor, I pledge that this assignment/assessment reflects my own efforts and work."*

Contact Information

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