

Black Diamond High School Physical education Syllabus 2020-21

Hello Ladies and gentlemen My name is Coach Mincey, I am the P E teacher here at Black Diamond. First off Welcome to the 2020-21 School year. This year is sure to be full of new experiences as we endeavour to navigate these strange new times in which we are living. As recent events have caused massive changes to our daily lives, we have had to adapt in ways that were considered unimaginable by most, in order to give you all the highest opportunity for success, I too am changing how I do things this quarter.

TEAM SPORTS

Specifically for my team sports class, with the distance learning in place, it is almost impossible to give you the opportunities to gain skill acquisition through team sports activities, as we will all be separate from one another. As such the expectations for my team sports class are different. Instead of focussing on learning the team sports skills through practice we will be focussing on the team strategies within each sport as well as sport specific fitness. There will be an element of choice for my students in team sports as well which we will discuss later.

WIEGHT TRAINING

For weight training we will be focused on non traditional exercises that can be done with little or no space and without much of anything in the way of equipment. You can expect to learn some basic anatomy and physiology, as well as all of 11 concepts of fitness, the FITT principle as well as some basic nutrition focused on rest and hydration. Though you will learn this standards based content, you will be assessed differently. We will dive deeper into this momentarily.

Attendance Policy:

ATTENDANCE WILL BE TAKEN WITHIN THE FIRST 15 MINUTES OF CLASS DAILY!!!

Black Diamond HS Distance Learning and Hybrid Schedule

| | Monday | Tuesday | Wednesday | Thursday |
|---------------|---|---|---|---|
| | Track A | Track B | Teacher Prep Day | Track A |
| 8:20 - 9:43 | Period 1 | Period 1 | Tracks A & B | Period 1 |
| 9:43 - 9:46 | Passing Time | Passing Time | Passing Time | Passing Time |
| 9:46 - 11:09 | Period 2 | Period 2 | Period 2 | Period 2 |
| 11:09 - 11:15 | Passing Time | Passing Time | Passing Time | Passing Time |
| 11:15 - 12:38 | Period 3 | Period 3 | Period 3 | Period 3 |
| 12:38 - 12:48 | Grab 'n Go Lunch | Grab 'n Go Lunch | Grab 'n Go Lunch | Grab 'n Go Lunch |
| 12:38 - 1:08 | Teacher Lunch | Teacher Lunch | Teacher Lunch | Teacher Lunch |
| 1:08 - 1:41 | Distance Learning Tutorial Support Track B | Distance Learning Tutorial Support Track | Teacher Planning/Meeting Day | Distance Learning Tutorial Support Track B |
| 1:49-2:31 | Prep | Prep | Planning | Prep |

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| Friday |
| Track B |
| Period 1 |
| Passing Time |
| Period 2 |
| Passing Time |
| Period 3 |
| Grab 'n Go Lunch |
| Teacher Lunch |
| Distance Learning Tutorial Support Track |
| Prep |

Accommodations for students receiving Special Education and Additional Support

EL, SPED resource support and additional services would take place each afternoon and on the off track day SDC classes would attend all tracks within their class SDC students would attend their elective class (on track schedule) for inclusion Resource teachers would support SPED students on the off track days by period Para educators would support SPED students on the off track days by period Bilingual para educators and staff would support EL students and their families on off track days by Tutorial Support Track CSEA staff and administration would be needed for additional phone calls home

SB 98 Distance Learning Requirements:

Daily Live interaction with certificated staff and peers Content and instruction aligned to State standards; substantially equivalent to in-person Attendance documentation, weekly engagement record, parent updates on progress required Reporting on students missing 3 or more Distance Learning days/week Academic Supports for students not performing at grade level Accommodations for students receiving special education services, integrated E

Attendance will be recorded daily at the beginning of each class period.

IN ORDER TO BE MARKED PRESENT FOR ATTENDANCE PURPOSES YOU WILL NEED TO BE IN THE ZOOM CLASS SESSION IN THE FIRST 15 MINUTES OF THE PERIOD!!! If you are going to be late to a class or are going to miss a class session for any reason, please be sure to contact me ahead of time so that I can help you with accommodations! If you do not communicate with me, I cannot help you.

Students will have the ability to earn up to five points per day:

-3 points for attendance/participation (showing up to ZOOM meeting and actively participating)
-2 points for a daily journal assignment (each day you will be required to respond to make an entry as a part of your class participation. This may look different for team sports than it will for weight training)

NOTE: There are two levels of attendance for this quarter, presence and participation

(Presence: The state or fact of existing, occurring, or being present in a place or thing.)

(Participation: =The action of taking part in something.)

ALL Daily journal entries need to be completed and turned in by **12PM the day it is assigned** to receive participation portions of daily points

Any Assessments given will be worth 25 points. (this could be cpu based assessment or visual assessment via ZOOM class session.)

Your final grade will be calculated based on how many points you have earned out of the total points available at the end of the quarter.

Grade Breakdown:

90-100% - A

80-89% - B

65-79% - C

64% > - F

All Assessments assigned via GOOGLE CLASSROOM will be due one week from the date assigned EXCEPT the final assessment for the quarter which will be explained at the time it is assigned. All google assessments will be completed digitally.

Contact Email: lmincey@pittsburgusd.net/ lmincey@pittsburg.k12.ca.us