

Class syllabus for 7/8 grade Physical Education

CAL AERO ACADEMY 2019-20

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Physical Education is an integral part of your child's overall education with daily participation requirements. This syllabus outlines the class expectations for the students.

Basic Standards: Be on time for class, use their own locker, dress out for PE activities, no extra items brought to class (water bottle OK), use PE equipment only for its intended use. Follow school rules. Be respectful, responsible and safe.

PE dress code: Cal Aero PE shirt, PE shorts, socks and athletic shoes. Mile time shirts are to be worn on mile days (usually Tuesday). Sweat pants and tops may be worn when it is cold and we are outside. No jewelry is allowed during PE activities. Wash your PE clothes weekly. Loaner clothes may be used 3 times during the year.

Class participation: Complete all reading and writing activities, including written quizzes and tests (usually Thursdays). Give your best effort in all physical activities and complete all exercises. Complete all parts of the state fitness test.

Behavior: Follow the teacher's instructions the first time. Cooperate with others. Be polite and courteous. Use appropriate language. Respect the learning environment (gym, classroom, athletic fields).

Unit plans for the year: Health/fitness, football, soccer, basketball, volleyball, fitness testing, track and field, softball, badminton. All units include physical activities designed to improve or maintain conditioning.

Student grades are calculated with 60% of the grade being formal summative assessments which include written work, quizzes, tests and their mile times. Tests that are scored below 80% may be retaken once with the higher of the two scores being recorded (not to exceed 80%). Written work receives full credit if turned in on the due date. For each day late, 10% of the score is lost dwindling down to 50% credit for 5 days late. The other 40% of their grade is informal formative assessments which include class participation and class assignments.

Parent / guardian excuse note: You may write a note excusing your child from participating in PE which is good for one day. The note should give the reason for the nonparticipation and have the date on the note with your child's name and your signature. You can write three of these during the year (not on consecutive days). Students must still dress out for class. Students will be required to make up any work that they missed including mile runs. Make-up mile run days are usually the last Friday of each grading period.

Medical excuse note: If for any injury / medical reason your child needs to miss more than one day, a doctor's note is required to excuse the nonparticipation. The note must be presented to the nurse and the PE teacher. The note must include the reason for and duration of nonparticipation in PE. Students will not be allowed to participate again until the time frame is up or a new note comes in from the doctor. Long term medical excuses may include special arrangements/assignments for the student.

Make up policy: A student may make up any nonparticipation in one of two ways; 1) Students can walk for 30 minutes Thursday mornings at 8AM with Mr. Bunselmeier. 2) Students may choose to complete a written assignment on a sport or physical activity of their choice. Written assignments (no plagiarism) may earn full or partial credit, depending on the quality and completeness of the assignment. There is a maximum of two make-ups per trimester.

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(Cut here and return to PE teacher)

As a parent, I understand the Physical Education course guidelines and will do my part to support my child's physical education.

Student's name

period

Parent's signature

date