

## Physical Education Syllabus 2020-2021

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Room: 403

Online Platform: Google Classroom



### Purpose

The purpose of this course is to develop physically literate individuals who have knowledge, skills and confidence to enjoy a lifetime of physical activity.

### Goals

- Learn the skills to participate in a variety of physical activities ([Standard 1](#))
- Understand the benefits of participating in a variety of physical activities (Standard 2)
- Participate in physical activity to meet personal goals (Standard 3)
- Set and achieve goals to improve physical fitness (Standard 4)
- Apply rules and etiquette for safe participation (Standard 2)
- Exhibits responsible personal and social behavior that respects self and others ([NASPE 4](#))
- Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction (NASPE 5)

### General Learner Outcomes (GLO's)

*What would this look like in PE class? Write/type below*

Self Directed Learner	
Community Contributor	
Complex Thinker	
Quality Producer	
Effective Communicator	
Effective and Ethical User of Technology	

### Rules and Consequences

All school rules and regulations apply during the entirety of all classes (in school and online). Consequences are all contingent upon the severity of the infractions in accordance with Chapter 19 of the Discipline Plan.

#### **Rules**

1. Listen and Follow directions (verbal, signs, markers, signals, etc.)
2. **Walk** to class and follow visual guides and signs on floors and hallways
3. Do not share personal belongings and keep them with you at all times
4. Practice six feet social distancing at all times and keep hands/objects to yourself
5. Practice good personal hygiene
6. Bring your own water bottle daily and practice good healthy eating habits
7. Choose a positive attitude
8. Always ask for permission first
9. Be respectful, responsible, and SAFE
10. Report any concerns to the teacher immediately (verbal, email, write a letter, etc.)
11. If you feel ill, not well, experiencing COVID-19 symptoms, or have been in close contact with a person with COVID 19, please stay home and inform me or the office

#### **Masks and Face Shields**

1. Face shields are to be worn inside the classroom at all times
2. When students are outside the classroom and when physical distancing is not feasible, masks must be worn
3. Parents/legal guardians are responsible for providing students with face coverings or masks

4. Face coverings are not recommended for anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the covering without assistance
5. Consult with the school-wide COVID-19 response team and school nurse on proper protocol for students with asthma or other underlying conditions which may prohibit them from wearing face coverings

*\*Please be flexible and understanding about the above recommendations*

### **Consequences**

1st Offense - Verbal warning

2nd Offense - Timeout/dismissal from activity or kicked out/removed from online classroom

3rd Offense - Detention (write/email a letter to your parent or guardian or phone call from teacher/student to parent or guardian)

4th Offense - Referral to the office

### **Absences**

PE grade is based on a point system. If a student has an excused absence he/she will be responsible for completing online assignments and communicating with the teacher with reason for absence.

### **Grading**

Grades are based on the Hawaii Content & Performance Standards III for physical education. One point is awarded each day, students have PE four times a week.

.75 Participation (movement forms, active lifestyle, and physical fitness)

.25 Written assignments (cognitive concepts)

### **Four point grade scale**

A = (exceeds) 4 points

B = (meets) 3 points

C = (approaching) 2 points

D = (not met) 1 point

F = (missing; no attempt) ZERO

### **Zero's**

A ZERO can lower students grade(s) and make it difficult to raise, avoid procrastinating. Zero's are obtained in the following ways...

- Being told to sit out of class
- Removed from online class before/during class due to failure to follow rules (told to turn off camera)
- Late to class without an excuse note (online or in person)
- Incomplete, late, poorly completed, or clicking submit without completing the assignment

### **Excuse For Non Participation**

Students are required to present to the teacher a written excuse note for non participation (email, phone call, photo, etc.). Notes must originate from a parent/guardian, doctor, or health aide. If a student has a prolonged injury a doctor's note is required. \*Students are still responsible for active listening in class and will do the "injured" list assignment for credit.

### **Physical Activity Logs**

Students are expected to write in their Physical Activity Logs daily or at the end of each week. P.A. Logs are to be completed in two weeks and I would like a parent/guardian to initial for each day of exercise. If no parent is present, a teacher, adult, older sibling, or yourself may initial. [Click here](#) to view a sample of a P.A. Log

### **Dressing Out**

Students do not change into a P.E. uniform this year. Be prepared for P.E. class by wearing the school shirt, athletic shorts and shoes to school.

### **Locker Room**

Students will not be “dressing out” this year due to COVID-19. Students cannot use lockers for personal items such as bags, shoes, clothes, school supplies, etc. Do not use or touch any of the lockers, you may use the restroom only when entering the locker room. Please report to the teacher immediately if you see any of the following...

- Broken or damaged facilities
- Horseplay, smoke, student(s) that you don't recognize
- Two or more students going to the locker room/restroom at the same time

### **P.E. Supplies**

Ask the teacher for permission before bringing in equipment. Please, always ask parents first before using equipment and make sure to have a safe working space if online or doing physical activity at home. Here are some P.E. supplies students are required to wear/bring and what's optional

Required	Optional
1. Face shield and mask (bandana no can)	2. Hat
3. School shirt	4. Sun glasses
5. Athletic shorts (no skirts, short shorts, jeans, etc.)	6. Sun screen
7. Socks and athletic shoes (no slippers, bare feet, clackers, pointy kine shoes, etc.)	8. Towel
9. Water bottle	10. Hand sanitizer

*\*For distance learning have enough space to run, push up, sit up, stretch in place, etc. ask me if you need help with this*

### **Online Meeting Expectations**

1. **Be on time** (before class starts)
2. **Mute yourself** (unless it's your turn to speak)
3. **Appropriate Learning Setting** (choose a place that is appropriate for learning)
4. **Headphones** (use headphones when possible)
5. **Must follow the DOE Technology Responsible Use Guidelines** (Signed in AA)

### **Online Issues**

For issues or questions related to online connectivity or technology, please contact the 'Ohana Help Desk.

['Ohana Help Desk](#)

### **Resources**

[Shapeamerica.org](https://www.shapeamerica.org/)

[Hawai'i State Department of Education Health & Safety Handbook](#)

**STEVENSON MIDDLE SCHOOL P.E. DEPARTMENT  
STUDENT INFORMATION SHEET**

\_\_\_\_\_  
Last name, First name, Middle Initial

\_\_\_\_\_  
Period

Any medical condition(s)/physical limitations the P.E. teacher should be aware of? Please explain in detail below. Also, write what type of physical activities your child is ABLE to do.

\_\_\_\_\_  
\_\_\_\_\_

**Please check one of the following**

- ☐ Yes, my child may watch videos that are PG-13, PG, or G rated and below for educational purposes (for example “A Perfect Game” to teach about diversity, overcoming racial discrimination, and perseverance)
- ☐ No, please give my child an alternate activity (usually the video assignment with online info on the same topic)

**My child and I have read the above and reviewed the course syllabus. We fully understand what is required and expected of my child.**

**Parent/Guardian’s signature** \_\_\_\_\_ **Date** \_\_\_\_\_

CLASS SCHEDULE

	TEACHER’S <u>LAST NAME</u> /SUBJECT	ROOM#
AA	_____	_____
PERIOD 1	_____	_____
PERIOD 2	_____	_____
PERIOD 3	_____	_____
PERIOD 4	_____	_____
PERIOD 5	_____	_____
PERIOD 6	_____	_____
PERIOD 7	_____	_____

*Thank you for reading and completing the course syllabus. I look forward to working with your child. If you have any questions or concerns, you may write a letter/email me at [Kylee.Nakamura@k12.hi.us](mailto:Kylee.Nakamura@k12.hi.us) or call 587-4520, Mahalo!*