

ELMIRA HIGH SCHOOL – LEISURE SPORTS

Mr. Lee

Office – Boys PE Locker Room

Phone – 935-8200 Ext. 316

rlee@fernridge.k12.or.us

Course Length: One semester

Prerequisite: Junior/Senior

Course Description: Selective individual skill physical education is designed to expose students to as many carry-over activities as facilities allow. Physical fitness will be stressed daily. Fitness testing is required. Emphasis is placed on the aspect of social skill development. Intent is to encourage participation in activities after completing high school during one's leisure time. Be prepared to be outside in cold/wet conditions. Examples: bocce ball, badminton, Pickleball, croquet, Frisbee, golf, etc.

Student Expectations / How to Succeed / Class Requirements:

- **Be Prepared** - Wear appropriate attire and shoes, arrive on time, ready to participate, etc.
- **Be Respectful** - Listen while others talk, stay in your own personal space, help other students learn and participate, and use clean, positive language.
- **Be Responsible** - Use equipment appropriately, participate in class, do your homework, make-up excused absences, and communicate your problems, concerns, and/or issues with Mr. Lee in an adult manner.
- **Be Safe** - Use equipment appropriately, avoid physical contact with others, and alert Mr. Lee or other staff/faculty of suspicious activities.

Basic class rules:

- Be nice to classmates, the teacher, and the equipment
- Try everything – and try your best
- Do what you are supposed to do, even if the teacher isn't looking
- Help others be successful
- All other school rules apply

Attire Guidelines:

Athletic shorts/sweatpants, tee-shirt/sweatshirt – *this cannot be what you wear to school.*

Shoes: **ATHLETIC SHOES ONLY!!!** NO sandals, boots, dress shoes, casual/non-supportive, etc. **Inappropriate shoes = not dressed = not participating = F grade**

*Take home your clothes at least once a week for washing!!!

Evaluation / Performance Expectations:

- 1) Daily points = 55% of grade
 - Prepared appropriately for activity (dressed down every day is mandatory)
 - Positive behaviors and appropriate etiquette during participation
- 2) Project – teach a leisure sport activity and create a lesson plan = 10% of grade
- 3) Quizzes = 20% of grade; Final Exam = 15% of grade

A+ = 97% - 100%

A = 93% - 96%

A- = 90% - 92%

B+ = 87% - 89%

B = 83% - 86%

B- = 80% - 82%

C+ = 77% - 79%

C = 73% - 76%

C- = 70% - 72%

D+ = 67% - 69%

D = 63% - 66%

D- = 60% - 62%

F = Below 60%

Overall grade – This grade is what matters most in terms of your GPA and your report card. It will include all categories as described in parts 1-3 (i.e. weekly points, quizzes, and final exam).

Academic grade – This grade only includes quizzes and the final exam. It does not affect your GPA.

General PE/Weight Training Information:

- You are assigned a P.E. lock and locker. Keep valuables locked inside. A fee will be charged to your account for lost or purposely damaged locks.
- Do not share your locker combinations with ANYONE. Mr. Lee and/or EHS are not responsible for lost or stolen materials.
- For your safety, hoops/loose-hanging jewelry should be removed during class.
- Students are not permitted in the locker room, gym or weight room without proper supervision.
- All locker rooms will be kept clean and orderly at all times. It is the **entire classes' responsibility** to keep the locker rooms clean.
- No food, gum, or glass containers in locker rooms, gyms, or weight room. Re-sealable plastic bottles are ok (water, sports drinks), **but** are a privilege that can be removed if abused.
- At the end of class, you will have 5 minutes to get cleaned up. **You are required to stay either in the locker room or in the main gym hallway until the bell rings!!!**

Tardy to Class: You must be **in the locker room by the time the late bell rings**. You then have 5 minutes to dress down and report to the gym for attendance. You *can* be marked tardy for being late to the locker rooms *or* being late from dressing down. **Your 3rd tardy results in Wednesday school.**

Cell Phones: Any visible cell phone or any cell phone making noise of any kind will be taken and turned in to the office.

Music Devices: iPods, MP3 players, CD players, etc are not allowed in class and will be taken and returned at the end of class. The second time, the device will be turned in to the office.

Safety: For fire drill or emergency evacuation, students will evacuate to the football field. Students will stay together so the teacher may take attendance and make sure everyone safely exited the building. In case of a lock-down, students will move away from the door and window to a safe part of the room at the teacher's/administration's instruction.

Modifications for IEP Students:

- Modifications for physical education will take place as per instructed in a student's IEP. This could include assistance in taking tests, modification of activity or modification in curriculum.
- Students with 504 plans will receive modifications as needed.

Illness or Injury (but not absent from class): Notes from parents are good for a maximum of 3 consecutive days, depending on the problem. The note should state the number of days out and reason for limited activity. **A DOCTOR MUST EXCUSE INJURY FOR MORE THAN 3 DAYS.**

Absent From Class: Any missed day (excused or not) results in a loss of weekly points plus possible points from any assignments that day. Non-excused absences have NO MAKE-UP. For excused absences, you need to obtain a "Make-Up Form" from Mr. Lee. You have **one week from the day you return to class** to obtain and finish the make-up form and/or homework/quiz/etc for full credit.

Extra Credit: NO EXTRA CREDIT.

Oregon Department of Education **Standards for Physical Education** can be found at the following:

<http://www.ode.state.or.us/search/page/?id=1467>

Physical Education Syllabus Sign-off Form

Student Signature

Date

Parent/Guardian Signature

Date

The Fern Ridge Board of Education and Fern Ridge School District Policy deem there will be no discrimination or harassment on the grounds of race, color, sex, marital status, religion, national origin, age, or disability in educational programs, activities or employment. Person(s) having questions about equal opportunity, discrimination or harassment should contact the Superintendent at the Fern Ridge School District, 88834 Territorial Road, Elmira, Oregon