**Pine Valley Middle/ High School Physical Education Syllabus**

Mr. Buczek & Mr. Len

Phone# with Extension: (716) 988-3276 ext. 4323 / ext. 4558

Email Address: cbuczek@pval.org / zlen@pval.org

**Grading Policy**

1. **80%** - Each class period will be graded out of 10 points
   * 3 points – Being prepared
   * 3 points – Attitude
   * 3 points – Effort
   * 1 point – Being on time
2. **20% -** Students will be given unit test/ quizzes and written assignments

* Any student that is unprepared for swim will lose all 10 points for that day
* Any student who is not in the gym or pool area 5 minutes after second bell will be considered tardy
* Students who sit out of class will be required to complete an assignment or asked to participate. PE class does not mean study hall

**Parent Portal Directions**

Grades are updated on Power School as assignments are turned in and graded. Please check your child’s grades regularly and contact me if there are any questions.

**Class Consequences**

1. Make up missed classes can be made up in the fitness center or during another PE class. Make sure you plan with your teacher to make up your missed class
2. Students will be allowed three absences a quarter. Any after the three will count as zeros. It is the student’s responsibility to attend all the necessary make-up sessions, not the teacher’s responsibility to find you.
3. The Phys Ed Teacher will notify the parents of a student’s possible failure
4. Parental excuses for the pool or regular PE classes need to be made up.

**Class Materials**

1. **Shorts or Sweatpants**– Mesh shorts/ Basketball shorts (Girls - If standing straight up with your arms hanging down at your sides. You shorts should at least reach the end of your fingertips)
2. **Sneakers –** Sandals, Boots, Crocs, or any other footwear is not allowed
3. **Shirt –** Sleeves are mandatory. No sleeveless shirts will be allowed
4. **Pool –** One piece bathing suit and towel

**Locker Room**

Each student is responsible for maintaining their own PE locker. Keep your extra physical education clothes in your locker so you are always prepared. Keep your lock always locked and do not give your combination to anyone. **We are not responsible for any lost or stolen items.**

**PE Excuses**

In order to sit out of PE, you must have a valid note (that’s documented by a doctor). Students sitting out will be required to complete written assignments to earn credit for that day.

**MS/HS PHYSICAL EDUCATION**

Course Description/Overview & Objectives: Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. These activities include and are not limited to the following: game concepts, team sports, swimming, and life-long appreciation for physical fitness. Students will gain an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. While students are regularly participating in physical activity, they will achieve and maintain a health enhancing level of physical fitness as well as exhibit responsible personal and social behavior that respects self and others in the physical activity setting. Most importantly students will learn the values of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**HEALTH & WELLNESS**

Grade: 9-12 Elective Every Other Day / Potential Credit: 0.5 This elective course is for students who would like the opportunity to learn about nutrition, wellness, and fitness during the school day. As well to learn and participate in various strength and conditioning techniques. This course emphasizes the importance of life-long wellness habits. Students will be assigned tasks throughout each quarter that will give them exposure to fitness, nutrition, and wellness topics. Students will also design personalized fitness and nutrition plans based on the principles of fitness and complete these plans throughout the school year. Students will complete fitness and nutrition evaluations to identify areas of strength, success, or needed improvement. Students will be guided to design and follow a self-directed fitness and nutrition program. Their progress will be monitored and tracked throughout the course of the year. Students will also have opportunities to field trips to apply their knowledge in a real life setting out of the school building.

**PERSONAL TRAINING**

Grade: 9-12 Elective Every Other Day / Potential Credit: 0.5 This elective course is for students who would like the opportunity during the school day to learn and participate in various strength and conditioning techniques. Students will develop knowledge and skills with free weights and universal stations while emphasizing safety and proper body positioning. Students will also learn anatomy and conditioning techniques. 41 Students will design personalized fitness plans based on the principles of fitness and complete these plans throughout the school year. Students will complete fitness evaluations to identify areas of strength, success, or needed improvement. After the first evaluation, students who wish to focus on a specific area such as strength, speed, power, endurance, agility, and/or flexibility needed to improve performance in a specific sport or activity will be guided to design and follow a self-directed program. Their progress will be monitored and tracked throughout the course of the year. Students will also have opportunities for field trips to apply their knowledge in a real life setting out of the school building.

**Lifetime Sports and Activities**

Grade: 9-12 Elective Every Other Day / Potential Credit: 0.5 This elective course is for students who would like the opportunity to participate in lifetime activities. Lifetime activities are those sports that people can enjoy and participate in across the lifespan.  Typically, these sports (Swimming, walking/jogging, badminton, pickleball, volleyball, golf, etc.) are appropriate for people at all stages of their lives and offer physical, social, and intellectual benefits. Secondarily, people can continue to develop their skills, modifying their approach as necessary. This course is designed to help students develop their knowledge and understanding of these lifetime activities. Students may have opportunities for field trip to apply their knowledge and skills in a real life setting outside of the school.

**Student & Parent/Guardian Signatures:**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If necessary, would you prefer to be contacted by email or phone call? (Please X)

Email \_\_\_\_\_\_\_\_\_\_\_ Phone Call \_\_\_\_\_\_\_\_\_\_

***I have read the Physical Education outline/contract and understand the policies and expectations in Physical Education.***

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_