

# Physical Education Syllabus

## I. COURSE DESCRIPTION

The goal of the Romeoville High School physical education classes is to introduce and teach the basic fundamentals of various individual and team related activities as well as health and fitness activities. Our Physical Education Staff would like to give individuals a basic knowledge of how to maintain a healthy and active lifestyle.

Physical Education 9: Beginning physical education introduces students to different aspects of team-oriented and individual physical activities that foster life-long fitness and good health. The students will learn team building skills, game strategies, fundamentals, equipment manipulation, and the rules of several physical activities.

Physical Education 10: The second year of physical education will build on the first year experiences. The activities will build on the knowledge learned their freshman year while incorporating new activities.

### SAMPLE ACTIVITIES 9-10

| TEAM & INDIVIDUAL ACTIVITIES | FITNESS ACTIVITIES   |
|------------------------------|----------------------|
| Basketball                   | Fitness Conditioning |
| Football                     | Aerobic Fitness      |
| Soccer                       | Weight Training      |
| Volleyball                   | Target Heart Rate    |
| Floor Hockey                 | Fitness Testing      |

Physical Education 11: The third year of physical education will consist of elective activities designed to introduce the students to life-long fitness and recreational activities. The students will be offered a choice of physical activities in an advanced physical education class. Students will be exposed to a minimum of 6 activities per semester.

Physical Education 12: The fourth year of physical education will continue to offer elective activities designed to introduce the students to life-long fitness and recreational activities. The students will be offered additional choices of physical activities in an advanced physical education class. Students will be exposed to a minimum of 6 activities per semester.

## SAMPLE ACTIVITIES 11-12

| <b>ELECTIVE 1<br/>(PE 1)<br/>TEAM/INDIVIDUAL<br/>SPORTS</b> | <b>ELECTIVE 2<br/>(PE 2)<br/>DANCE<br/>TECHNIQUES AND<br/>CARDIO<br/>FITNESS</b> | <b>ELECTIVE 3<br/>(PE 3)<br/>ALTERNATIVE ACTIVITIES<br/>(RHS ONLY)</b> | <b>ELECTIVE 4<br/>(PE 4)<br/>ADVANCED/APPLIED<br/>PERSONAL<br/>FITNESS</b> | <b>ELECTIVE 5<br/>(PE 5)<br/>ADVENTURE<br/>EDUCATION<br/>*\$50 class fee<br/>(subject to<br/>enrollment)</b> |
|---|--|--|--|--|
| Volleyball  | Aerobics   | Lacrosse   | Proper lifting techniques and safety                                       | Fishing  |
| Soccer  | Pilates  | Recreational Activities  | Cardio Fitness   | Orienteering   |
| Floor Hockey  | Core Training  | Tennis   | Muscle Anatomy   | Teambuilding   |
| Basketball  | Creative Dance   | Floor Hockey   | Periodization (training progression)                                       | Survival Skills  |
| Football  | CPR/First Aid  |  |  | Self Defense   |
| Fitness   |  |  |  | CPR/First Aid  |
|   |  |  |  |  |
|   |  |  |  |  |
|   |  |  |  |  |
|   |  |  |  |  |

## II. CRITICAL CONTENT

The students in regular physical education classes will be able to:

1. Run an organized team activity
2. Participate in a leisure individual activity
3. Observe and understand any individual or team activity
4. Plan their own physical activities regimen or a healthy lifestyle

## III. COURSE MATERIALS

All students involved in our regular physical education classes will need the following items:

1. A regulation physical education tee shirt, which is purchased through the PE department. Athletic shorts in any color can be worn in PE class as long as they are within school regulation. The physical education tee shirt can be purchased during registration at school. If the tee shirt is not purchased at

registration or the student loses their tee shirt, the shirt can be purchased from the PE department. The same PE shirt may be used all four years.

2. The students must possess a school issued combination lock. The locks can be purchased during registration or during the student(s) first week of school in PE class.
3. Students must wear gym shoes to safely participate in the daily activities of their individual classes.

#### **IV. COURSE POLICES**

1. Must be inside the blue gym doors before the bell rings and stay inside of the blue doors at the end of the period before the bell rings.
2. No food or drink in the gym, field house or locker room.
3. Must have lock for P.E. locker. The lock must be school issued and if not purchased at registration, must be purchased the first week of PE class.
4. No locker sharing.
5. Dress every day in regulation PE shirt. No uniform sharing. No writing, other than the name in the name box on the shirt. The name on the shirt is required. If you are wearing your PE shirt under your sweatshirt, you must carry the sweatshirt to the attendance line. Any colored athletic shorts may be worn in PE. Shorts must be worn properly and the length of the shorts must be in accordance with school policy. The regulation PE shirt must be worn every day. There is no substitution for the PE shirt. In addition, school issued athletic uniforms may not be worn in PE class and no jeans and or pants worn to school are to be worn under your sweats and or shorts. No pant/shorts with belt loops and or pockets may be worn and no jean leggings.
6. Must have gym shoes. Gym shoes cannot be carried out to the attendance line, they must be on prior to leaving the locker room. Must wear them during the entire class period. No boots, heels, flip-flops, slippers, etc. (see back of this sheet for more information)
7. Must be on the attendance line 5 minutes after bell rings.
8. No horseplay at any time.
9. Teacher will dismiss students to locker room 7 minutes before bell rings when outside and 5 minutes when inside.
10. Twenty points per day: 14 points for participation and teamwork, 4 points for dress, and 2 points for cooperation.
11. There will be a pre-fitness test, mid-fitness test, and post-fitness test.
12. There will be a mid-term exam worth 100 points.
13. There is a written final exam worth 25% of the grade.
14. Excused absences – 20 points, with the ability to do make-ups.
15. There will be a supervisor in the weight room from 2:15-3:30 pm Monday through Thursday for make-ups. You must be on time to the make-up and stay the entire time.

16. Absences must be made up within 2 weeks of the initial absence. Failure to do so will result in loss of make-up privilege. Students must sign in and sign out to be given credit for the make-up.
17. Unexcused absence: Can still be made up as long as the unexcused absence(s) was not an external suspension.
18. Students are expected to dress/participate on a daily basis.
19. Students are expected to have clothes to go outside every day. Students may go outside for class when temperatures reach 45 degrees. Please note that the morning classes may be cool. Check the weather forecast so you may dress for cooler temperatures.
20. Students are expected to stay in authorized areas only. They are expected to stay with their teachers until they are dismissed to go to the locker room.
21. Rental policy: Students will be allowed unlimited rentals per grading period with a current school ID only. The cost is \$.25 per item every rental.
22. Non-Dress Policy: If students do not dress, they will lose 20 points for the day. On the sixth non-dress, students will receive an F for the class.
23. If you are not dressing for PE on any given day, please report directly to the field house for attendance. You are not able to hang out in the locker room.
24. If you dress but do not participate you will lose your daily 14 points for participation and teamwork and 2 points for cooperation.
25. If you are on medical, you will need to report to the field house for attendance.
26. PE shirts can be purchased from the physical education department during your regular scheduled time that you have PE class during the first week of school. After the first week of school, PE shirts may still be purchased by the PE department (see your PE teacher). Please note that you have 3 days from the start of the class to purchase a shirt before points are deducted for non-dress. Students who transfer to RHS after the start of the class will have one week to purchase the shirt before points are deducted.
27. Cell phones are not to be seen in the locker room. It is unlawful for any person to make a video, record or transmit live video of another person in a locker room or restroom.

## **V. ASSESSMENT POLICIES**

### Grading Scale

|    |           |
|----|-----------|
| A  | (100-93)  |
| A- | (92.9-90) |
| B+ | (89.9-87) |
| B  | (86.9-83) |
| B- | (82.9-80) |
| C+ | (79.9-77) |
| C  | (76.9-73) |

|    |                  |
|----|------------------|
| C- | (72.9-70)        |
| D+ | (69.9-67)        |
| D  | (66.9-63)        |
| D- | (62.9-60)        |
| F  | (59.9 and below) |

### **PHYSICAL EDUCATION DAILY POINTS (TOTAL 20 POINTS)**

|           |                            |
|-----------|----------------------------|
| 14 Points | Participation and Teamwork |
| 4 Points  | Dress                      |
| 2 Points  | Cooperation                |

### **PHYSICAL EDUCATION DAILY PARTICIPATION GRADING RUBRIC**

|                  |   |
|------------------|---|
| 14 Points Earned | Full participation and teamwork.                                |
| 10 Points Earned | Almost always participates with consistent teamwork.            |
| 6 Points Earned  | Occasionally participates and occasionally shows teamwork.      |
| 2 Points Earned  | Inconsistently participates and displays inconsistent teamwork. |
| 0 Points Earned  | Student does not participate and does not display teamwork.     |

### **PHYSICAL EDUCATION GRADE BREAKDOWN 90/10**

#### Summative Assessments (90%)

Participation/Teamwork (14 daily points)  
Dress (4 daily points)

#### Formative Assessments (10%)

Cooperation (2 daily points)

#### Final Exam (25%)

Written Exam

## **VI. COURSE PROCEDURES**

In regular PE classes, at least 5 activities (sports) will be taught along with fitness days on Mondays and Fridays where students can pick their activity (sport).

## **VII. CONTACT INFORMATION**

Note: All numbers begin with 815-407- and end in the four-digit extension.

| <u>Teacher</u>                        | <u>Extension</u> | <u>E-mail</u>  |
|---------------------------------------|------------------|--|
| Mike Odle<br>(Department Chairperson) | 5056             | <a href="mailto:odlems@vvsd.org">odlems@vvsd.org</a>           |
| John Arlis                            | 5057             | <a href="mailto:arlisjp@vvsd.org">arlisjp@vvsd.org</a>         |
| Christina Douglas                     | 5165             | <a href="mailto:douglasce@vvsd.org">douglasce@vvsd.org</a>     |
| Steve Gonzalez                        | 5173             | <a href="mailto:gonzalezsl@vvsd.org">gonzalezsl@vvsd.org</a>   |
| Scott Harper                          | 5162             | <a href="mailto:harpersa@vvsd.org">harpersa@vvsd.org</a>       |
| Anthony Imbordino                     | 5229             | <a href="mailto:imbordinoam@vvsd.org">imbordinoam@vvsd.org</a> |
| Melanie Rellstab                      | 5170             | <a href="mailto:rellstabml@vvsd.org">rellstabml@vvsd.org</a>   |
| Dan Simik                             | 5060             | <a href="mailto:simikdd@vvsd.org">simikdd@vvsd.org</a>         |
| Melissa Zimmer                        | 5166             | <a href="mailto:zimmerml@vvsd.org">zimmerml@vvsd.org</a>       |
| Mark Malinowski                       | 5124             | <a href="mailto:malinowsmj@vvsd.org">malinowsmj@vvsd.org</a>   |
| Michelle Tellez                       | 5175             | <a href="mailto:tellezmk@vvsd.org">tellezmk@vvsd.org</a>       |

