

PHYSICAL EDUCATION CLASS SYLLABUS
ST. ANTHONY OF PADUA CATHOLIC SCHOOL

K-8 INSTRUCTOR: Mrs. Monica Rubalcava

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2022 - 2023

COURSE DESCRIPTION: Students will participate in numerous physical activities, sports, games and physical fitness tests. Students will take pre- and post-fitness tests to show cardiovascular endurance, strength and flexibility improvements through a year of training over three trimesters. They will also have written quizzes to show their knowledge gained of such activities, games, sports and fitness tests. Our philosophy is to meet the diverse needs of the students and to foster appreciate the valuable character traits of Leadership, Citizenship, Sportsmanship, and Lifetime recreation through movement.

UNITS MAY INCLUDE: Fit Kids Curriculum - Online Fitness Videos - Physical Activity Games - Health and Nutrition Workbooks - Zumba/Dance/Go Noodle -Fit Kids Videos - Flag Football - Fitness Obstacle Courses Volleyball - Softball/Baseball - Basketball - Soccer - *Fitness Testing* - Physical Activity Games - Cardio Vascular Endurance Training

****All activity and lecture units vary from grade level****

SUPPLIES NEEDED: **P.E. Uniform** (Navy Shorts or Sweatpants with school logo, Navy Shirt and or Sweatshirt with school logo) **Running Shoes**, **Water Bottle**.

DRESSING OUT/MATERIALS NEEDED: Navy shorts- uniform provided by Vicki Marsha Uniform company. Navy shirts with school emblem- Sold in School Office for \$10 each. Navy sweat pants with Trojan Emblem (especially during cold weather). Proper tennis shoes should be worn; tie or Velcro, no extreme colors or patterns on shoes. Students must be in school PE uniform to participate in PE and get full credit. The students will wear their P.E. uniform to school on their designated days. (If the student fails to come in their P.E uniform, they will be asked to walk the entire P.E period. It is important to keep the students physically active.)

EXPECTATIONS:

1. **BE ON TIME!!** Come dressed and start the daily warm-up when class begins.
2. **BE PREPARED.** Be dressed in proper PE attire and not regular school uniform. Dressing in required PE clothes is a requirement. This includes athletic shoes: Vans, converse, or any other non- athletic shoes will not be accepted and will result in a Zero for their Uniform Grade. Students not dressed in PE uniform will still participate in class but will still receive a “zero” for P.E. dress for that day.
3. **BE RESPECTFUL.** “Treat others the way you would like to be treated.” Inform teacher if you are being harassed. Respect the equipment, other classes and school buildings at all times. 4. **NO** soda, food, candy or gum will be allowed in PE class. If PE equipment is damaged due to mistreatment by a student/s, then the parents/guardians will be responsible for replacing damaged equipment.

CONSEQUENCES: Any of these consequences can and may be given at any time based on severity of the act/behavior and/or how often the act/behavior has taken place.

1. **Warning** – Time out and talk to teacher about problem and resolution of problem.
2. **Detention** – If given a detention, student will serve it after school on a Wednesday for 30 min. Prior to that, the student will talk about problem with teacher and may call parents to discuss a resolution of problem.
3. **Referral to Office** - Detention, meeting with parents and teacher, depending on severity, a possible OSS (Out of School Suspension)

GRADING PER TRIMESTER:

70% Daily Participation and proper uniform

15% Unit Test

15% Skills Assessment

PE Grade Rubric Participation

5pts- Student is actively engaged in all activities.

Student is always listening when the teacher is talking.

Student participates in all activities.

Student is always behaving in a respectful manner.

Student achieves proficiency in all skills, games and activities.

Student encourages others to do their best.

Student keeps camera on during Zoom classes (if applicable).

4pts- Student is actively engaged in most activities.

Student almost always listens when the teacher is talking.

Student participates in most activities.

Student rarely behaves in a disruptive manner.

Student achieves utilization level of proficiency in all skills, games, and activities.

Student gives support to others.

Student offers to assist teachers and others often.

3pts- Student is actively engaged in some activities.

Student usually listens when the teacher is talking.

Student participates in some activities.

Student sometimes is disruptive during the class.

Student achieves control level of proficiency in all skills, games and activities.

Student tries to give support to others.

Student occasionally assists teacher or others.

2pts- Student is actively engaged in a few activities.

Student occasionally listens when the teacher is talking

Student participates in limited activities.

Student is often disruptive.

Student achieves pre control level of proficiency in all skills, games and activities.
Student rarely offers to support others.

Student will assist teacher or others if asked.

1pts- Student is actively engaged in none of the activities.

Student rarely listens when the teacher is talking.

Student usually does not participate.

Student is always disruptive.

Student does not achieve any level of proficiency in any skills, games and activities. Student never shows support for others.

Student will not assist teacher or others.

Dressing Out K-8 GRADE

5pts- Student has proper attire. Student has the correct footwear (sneakers) on. If PE falls on a Free Dress day, students are still expected to participate in activities, so should dress appropriately for physical activity.

2.5 pts- Student is not fully dressed in proper PE uniform.. Student does not have on the correct footwear or appropriate workout clothes.

0pts- Student did not wear PE uniform or something appropriate to participate in activities.

****What is written in this syllabus is subject to change as needed****

Take a Picture of this Signed Page and UPLOAD via

Seesaw Grades K-2

OR

PE Google Classroom Grades 3-5

DUE BY 9/9/22

Student's Printed Name:

Grade Level _____

PHYSICAL LIMITATIONS: Please make the teacher aware of any and all physical limitations that this student may have:

I, as a student, and my parents/guardian have read and understand the above syllabus. This syllabus must be signed and returned to the teacher to begin earning points towards the student's grade.

Student Signature: _____

Parent/Guardian Signature: _____