

# Fundamentals of Physical Education

La Cueva High School 2013-2014

Coach Dutton

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## Instructional Objectives:

By the end of this course you will be able to:

- Demonstrate a knowledge of the history and development of each activity
- Apply the rules and etiquette of each activity in game situations
- Employ proper techniques to ensure safety during participation
- Present fundamental skills of each activity
- Display fundamentals of offensive and defensive play
- Participate in various drills designed to improve skills in each activity
- Participate in various tests and assessments to monitor one's progress
- Develop an appreciation for the sport of each activity

## Expectations:

- Dress out promptly and be in roll call order within 5 minutes of the tardy bell
- Maintain an organized notebook
- Print off required notes and assessments from the class website promptly
- Complete any additional assignments or projects

## Attire

Students will be provided with a La Cueva T-Shirt within the first week of school. This is free of charge. If the t-shirt is lost/stolen/ripped/etc. the student is required to purchase a replacement shirt for \$10 in G-5. Shirts should not be altered in any way nor should they be tied up in the back. The first name and last initial of the student should be printed with a black sharpie in the name box, legibly.

Work out shorts or sweat pants need to be worn every day. Shorts that do not comply with the LCHS dress code (including spandex) will not be tolerated and the student will not receive credit for that day.

Athletic shoes need to be worn each day. Flip Flops, sandals, boots, etc. will not count towards being dressed out.

ROTC students and Cheerleaders **MUST** dress out on days they are required to wear their uniform, no exceptions.

Please be aware of the weather on the days you have PE. We will be outside most of the time, please come prepared with sweats and jackets. These can be left in your locker so they are available!

## Tardy

Students receive 5 minutes to change out at the beginning of class and need to be seated in roll call order. If a student is not in their appropriate locker room by the tardy bell he/she will need to follow school policy of signing in for a tardy pass in B-1.

## **Gum/Food/Drinks**

La Cueva's gym floor was just redone and we want to do our part to keep it as nice as possible. GUM, FOOD, and DRINKS are **NOT ALLOWED** in the gym at all! Water is acceptable during class as long as it has a screw top lid, everything else needs to be left in your locker.

## **Locker Rooms**

A locker will be issued to every student. Sharing lockers is strictly prohibited! A combination lock will be needed to secure belongings at all times. VALUABLES SHOULD NOT BE IN THE LOCKER ROOM! THEFT IS ALWAYS AN ISSUE, BE CAUTIOUS! Cell phones should not be used in the locker room and should be locked away at all times. LA CUEVA HIGH SCHOOL IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN POSSESSIONS.

Food and drinks should not be in the locker rooms, other than water. Infestations occur often when food is present. DO NOT LEAVE THE GYM AREA UNTIL THE BELL HAS RUNG!

## **Cell Phones/Ipods/Electronics**

Electronic devices should not be brought to class. Leave them locked securely in your locker. Any electronic brought to class will be confiscated. Parents will be able to pick up the device after school that day.

## **Grading Procedures**

Students will be graded on several different categories. Each category is broken up by a daily point value, but also has an overall weighted percentage of the student's final grade. We have attached a chart of the breakdown of each point value. Remember, we are not looking for perfection; we are looking for students to try their best.

<b>Category &amp; Percentage</b>	<b>Description</b>
Participation – 35%	Attendance- 2pts. daily Participation- 10 pts. daily
Dressing Out – 35%	LC shirt, athletic shorts & shoes – 6 pts. Daily (2 points for each item)
Test/Notebook/Other Assignments – 20%	
Final Exam – 10%	

The next chart provides the rubric by which students will be graded on participation. Keep in mind these values represent a daily point value which will be incorporated into the participation percentage of the final grade.

<b>Participation (per day)</b>	<b>2 points</b>	<b>1 point</b>	<b>0</b>
Attention	Student actively listens & responds appropriately to the teacher.	Student is quiet during explanations & pays attention but hardly responds.	Student pays little attention & talks during teacher explanation.
Instructions	Student follows teacher's instructions.	Student follows most of the instructions.	Student doesn't follow instructions.
Cooperation	Student is on task & cooperative.	Student is distracting to self or others.	Student acts inappropriately; language or physical contact.
Motivation	Student shows great effort & motivation in class & goes all out.	Student participates & shows some motivation but has more potential.	Student shows no effort or motivation.
Independency	Can work independent on tasks or games	Needs teacher control to stay on task or to participate well in games.	Needs teacher corrections to participate well.

***All grades will be posted on Jupiter Grades (jupitergrades.com) weekly to the best of the teacher's ability.***

### **No Dress**

Anytime a student is not dressed out, he/she will be deducted 6 points from his or her dressing out points. Keep in mind dressing out accounts for 35% of the grade. This deduction can have a BIG impact on ones grade. NO DRESSES **CANNOT** BE MADE UP!

### **Spiral Notebook & Pocket Folder**

Each student is required to keep a pocket folder for PE. Students will be required to print out the handouts for each unit from the physical education webpage which is located on the department page at <http://lacuevape.weebly.com>.

Once on the department web page click on the physical education link on the left hand side of the page and scroll down to where it says current unit handouts. Please download and print any necessary handouts. Should you have any issues please know that students may print the handouts here at school in the library anytime during school hours.

The handouts should then be kept in a chronological order and stapled together at the end of the 6 week grading period. The student name, class period and teacher should be written neatly in the upper right hand corner of the first page. Students will need to keep all handouts for each semester.

Each student is required to download the handout during the current unit. They will ONLY be available during the current unit! Access to the class website can also be

found at <http://lacuevabears.com>, click on Admin & staff, then school faculty, type in the teacher name, click search and select the globe icon to go to the department webpage.

This is the direct url: <http://lacuevape.weebly.com>

Students will also need a 70 page spiral notebook for journal entries. Please write the student name, class period & teacher on the front of the spiral notebook. A pen will need to be kept with the spiral journal.

### **Injuries/illness**

Injuries and illness are always an issue within PE. Anytime an injury is sustained during class, a coach should be notified immediately, and the student will be sent to the nurse for further evaluation.

Written notes from parents excusing their child from PE will only be accepted for ONE (1) class period. Any illness/injury needing more than one day needs to be seen by a Dr. and a hard copy note should accompany the student the next day. An alternate daily assignment may be given. **STUDENTS MUST DRESS OUT EVEN IF THEY ARE SICK OR INJURED!**

Extended injuries will be given an alternate assignment as determined by the teacher. Students need to communicate with their teacher throughout the duration of the injury to keep all parties safe and accountable.

### **Absences**

Students will be required to read a sports related article from a credible source. The student must then write a summary (at least 7 sentences) about the article. The summary must be HANDWRITTEN and the ARTICLE MUST BE CUT OUT OR PRINTED OFF. The summary and handout are due upon the students return to class. For example, if you are absent from class on Monday, the article and summary must be submitted on Wednesday. For each day absent a student has one summary and article to complete. If a student is absent for more than one day, they will receive one additional day to complete the assignment. For example, if a student is absent on a Tuesday and Thursday the student would have until the following Tuesday to turn in the work.

### **Late Work**

If a student does not bring the assignment the following class period, they are given one additional class period to turn the assignment in. However the assignment will receive a 50% deduction in points. If a student fails to turn in the assignment by the extra day the assignment will no longer be accepted for credit.

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I \_\_\_\_\_ (print Students Name) have read and understand the rules, regulations, and procedures for Fundamentals of Physical Education.

Coach's Name \_\_\_\_\_ Class Period \_\_\_\_\_

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_