



# La Cueva High School

## *Fundamentals of Physical Education 2013-2014*

Contact Information: Mrs. Melissa Marberry-Profitt

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Room: F-11 (upstairs, last hallway, end of the hall) also available in the Gym for PE classes

Class Website: <http://marberry-profittpage.weebly.com>

School Website: [www.lacuevabears.com](http://www.lacuevabears.com)

### **Instructional Objectives:**

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

- Demonstrate 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 five minutes of the tardy bell.
- Maintain an organized notebook.
- Note taking for the unit/activity, to access class website and print off the required assessments and supplemental information promptly, and keep notes and assessments organized for notebook checks and reference.
- 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 name of each 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, so 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 in keeping 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. Also food and drinks should not be brought down into the PE locker room because if they spill, they attract infestations. Please make sure to leave all food and drink in your school locker.

**Locker Rooms:**

A locker room 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. It is best that even these are kept in your school locker. LA CUEVA HIGH SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN POSSESSIONS.

As mentioned above, food or drinks should not be in the locker room, other than water because of infestations. DO NOT LEAVE THE GYM AREA UNTIL THE BELL HAS RUNG!

**Electronic Devices:**

Electronic devices should not be brought to class. Leave them locked securely in your school locker. Any electronic device brought to class will be confiscated. Parents will be able to pick up the device the following day in B-1.

**Supplies:**

PE Issued T-shirt, your dress out bottoms and tennis shoes worn every day

Combination lock

Spiral Notebook for daily Quick-Start (bell-ringer) writing activity; will be kept once brought in coaches office.

3 prong, 2 pocket folder.

Composition book to use for taking unit notes.

Writing utensil to be attached to spiral notebook.

Blue/Black pen to use on days we will be taking notes.

**Ground Rules /Expectations for Students**

P (Plan and Prepare)

R (Respect)

I (Include Everyone)

D (Do Your Best)

E (Encourage Only)

- BE IN CLASS

- BE A PARTICIPANT
- BE PROMPT
- BE POSITIVE
- BE PRODUCTIVE
- BE POLITE

### Late Work Policy

Every assignment turned in late will be worth 50% of original points possible if submitted within 1 day of due date. After that, late work will NOT be accepted.

### Make-Up Work

1. Ask Instructor before or after class or check calendar on Jupiter Grades for missed work.
2. Complete all missed work and schedule time with instructor to make up tests/quizzes immediately upon your return.
3. One day for make-up work per day absent-you must ask for make-up work on day of return (APS Handbook)

\*Written work is to be turned in on due date. We have a few assignments that are to be typed-it is the student's responsibility to get it typed AND printed before they show up to class. Do NOT email to me or show up with a flash drive and ask me to print (we do not have printers in our room).

### Grading Procedure

All grading is done on a point system. Averages are recorded and reported every six weeks. Current grades are available on Jupiter Grades every 3 weeks. Students will receive rubric/detailed guidelines for all assignments.

Students will be graded on several different categories. All are based on a point system, and we have attached the chart below to break down each point value. Remember, we are not looking for perfection; we are looking for students to try their best.

<b>Category and Percentage</b>	<b>Description</b>
Participation: 30%	Attendance: 1 points daily Participation: 10 points daily
Dressing out: 30%	LC Shirt, athletic bottoms and shoes- 2 points for shirt, 1 points for bottoms, and 1 for shoes  If students are not wearing their LC shirt, but they have a t-shirt that they can still do activity in, they will be awarded 1 point instead of 2. If they are caught wearing someone else's issued PE shirt, they will lose all of their dress out points for the day.

Test/Notebook/Other Assignments: 30%	
Final Exam: 10%	

I will be posting a rubric on my class website, as well as providing each student a copy of the rubric for which they will be graded on participation. Keep in mind these values represent a daily point value, with will be incorporated into the participation percentage of the final grade. Students will be required to keep a copy of the participation rubric secured in their notebook, behind their syllabus so that they have it to use as a reference for what is expected for daily participation.

### Grading Scale

100-90=A

89-80=B

79-70=C

69-60=D

59 and below = F

### **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 30% of the grade. This deduction can have a big impact on one's grade. NO DRESSES CANNOT be made up.

### **Injuries/Illnesses:**

Injuries and Illnesses are always an issue with 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 1 class period. Any illness or 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. Please have your son or daughter hand deliver these to me, as I do not want them by email. STUDENTS MUST DRESS OUT EVEN IF THEY ARE SICK OR INJURED!

Extended injuries or illnesses will be given an alternative assignment as determined by the teacher; however he or she is still expected to dress out. Students need to communicate with their teacher 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 1 paragraph, 5-7 sentences) about the article. The summary must be typed, and printed. Students also must cut out or print off the article and attach it with their summary. For each day absent a student has one summary and article to complete. Is a student is absent for more than one day, they will receive an additional day to complete the required assignments. This article does give a student the opportunity to reclaim points lost for the day they were absent.

As your instructor, I expect each and every student in my class to adhere to the class rules and to do the very best they can each and every-day!

~GO BEARS!

“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.” Foster C. McClellan

Have Fun!

Stay Motivated!

Take Charge For Life!

**\*\*Please fill out this sheet entirely and return by (A) Day: Monday August 19, (B) Day Tuesday August 20**

**Also fill out medical needs document and return with this form. Thank you!**

This is an assignment and also shows that all have read the syllabus and understand all class procedures and policies.

Student Information Sheet

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

Student Signature \_\_\_\_\_

ID # \_\_\_\_\_

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

Parent Guardian Signature \_\_\_\_\_

Parent Guardian phone \_\_\_\_\_ Cell/Work/Home (circle)

Parent Guardian Email \_\_\_\_\_