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RUHS Freshman Syllabus

COURSE DESCRIPTION

Comprehensive PE/Swim

Grade 9th – 7 Weeks PE / 11 Weeks Swim

This course offering, for freshman is designed to introduce students to team sports and basic fitness during the gym portion. In the pool students will learn basic swim skills along with water safety and CPR/AED. Individual help will be stressed to aid in the correct development of specific skills.

COURSE BENCHMARKS AND STANDARDS

STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, and strategies

and tactics related to movement and performance.

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

FRESHMAN UNIT SCHEDULE FOR 2017 – 2018

SEMESTER 1

<u>UNIT</u>	<u>DATES</u>	<u>#DAYS</u>
ORIENTATION		5 Days
SWIM		5 Weeks
WELLNESS CENTER	Wednesdays during Gym Weeks	
SOCCER		9 Days
FOOTBALL		9 Days
VOLLEYBALL		10 Days
SWIM		5 Weeks
CLOSING		2 Days
2 Amnesty Days		9/25, 12/18

GRADING POLICIES

In this course your grade is determined by your mastery of the Course Benchmarks and Standards. [See above.] The teachers who teach this course have collaboratively agreed that the skills and concepts identified in the benchmarks are so important, so foundational, that all students must learn them. You will have multiple opportunities throughout the semester to show mastery of each benchmark, as they are assessed over time. At the end of the semester, the final score for each benchmark and standard will be determined by averaging the assessment scores. Your semester grade will be the average of all the benchmark and standard scores.

1. Standards 1, 2, and 3 will be graded with the proficiency scale. Physical educators will collect evidence over the mark period of student performance in these skills based on the current set of classroom activities.
2. Standards 3, 4, 5 will be assessed daily on a point system.
 - 10 points each class for student does/does not participate in class activities.
 - 10 points each class for student does/does not behave with respect for self and others.
 - 10 points each class for student does/does not show a value in class activities as shown by their full involvement.

Below are the descriptors for the four levels of benchmark/standard mastery. This set of descriptors informs the four-point rubrics that teachers create – often collaboratively – for their courses.

PROFICIENCY SCALE

4-ADVANCED (AD)

The student consistently **exceeds** grade-level expectations on standards as demonstrated by a body of evidence that shows depth of understanding and flexible application of grade-level concepts.

3-PROFICIENT (PR)

The student consistently **meets** grade-level expectations on standards as demonstrated by a body of evidence that shows independent understanding application of grade-level concepts.

2-BASIC (BA)

The student performs **just below** grade-level expectations on standards as demonstrated by a body of evidence that shows incomplete/inconsistent understanding and application of grade-level concepts.

1-MINIMAL (MI)

The student performs far below grade-level expectations on standards as demonstrated by a body of evidence that shows limited understanding and application of grade-level concepts.

0-DID NOT COMPLETE ASSESSMENT

RETAKE POLICY

You may retake assessments, such as tests – or sections of the tests – because they are high-leverage demonstrations of essential learning. Teachers have collaboratively agreed that the skills and concepts related to summative assessments are so important that all students must learn them. Failure to learn them hampers further learning. For a summative assessment – or a section of a summative assessment – to be retaken, a number of conditions must be met.

- A student consults with his or her teacher to determine what teaching and learning are necessary to successfully retake the summative assessment.
 - The teacher's responsibility is to provide whatever types of feedback and reteaching are necessary for the student to succeed.
 - The student's responsibility is engage fully in the relearning process by making up missed work, completing additional practice, and reflecting on the learning process
- The teaching and learning must take place during the retake window, typically one week to ten days after the student and teacher have met.
- All relevant assignments in the unit leading up to the summative assessment must be completed. If they were not completed before the initial summative assessment, they must be completed during the retake window.
- A student may be required to complete corrections on related previous formative assessments.

Make-up work policy:

- If you are absent more than 3 times with an excused absence you have the option of make-up work
- Make-up work will be offered only after school on scheduled days, including make-up swim.
- You are required to work out for ½ hours in the wellness center or after school wellness programs (i.e. biking, dance, yoga) to receive credit.
- You are responsible for having the supervising teacher/adult sign a verification form that informs me that you were in attendance and did workout for ½ hour
- You are responsible for getting the verification form back to me to get your credit from work completed.

Final Assessment Exemption Criteria

- **All students will be taking the course final assessments at the end of semesters 1 and 2. Students that have demonstrated proficiency (letter grade of 'B' or higher) in a course and have met the following criteria will be exempt from the final assessment for the course**
- The criteria for students to exempt from the Course Final Assessment are:
 - Must demonstrate proficiency (Letter grade of 'B' or higher)
 - Have 95% attendance or higher in the course (No more than 4 excused absences)
 - No unexcused absences
 - Off the Unfinished Business List (fees and fines)
 - PE lock turned or paid for if lost
 - No days not dressed for class

Texts and Materials

- Gym Padlock: issued by the instructor, \$7.00 if lost or stolen
- Gym Uniform: All freshmen will get a free Riverside PE T-shirt. Students need to bring athletic shorts or sweatpants, & tennis shoes with laces, & socks (sweatshirt or jacket, sweat pants – optional), deodorant and soap. Uniforms are to be taken home and washed when needed.

LOCK PROCEDURES

Locks will be issued at the beginning of the semester and collected upon completion of the course. A lost lock will cost you \$7.00. Do not bring valuables or large sums of money into the locker rooms. The problem of theft does exist. If your backpack does not fit in your locker, take it with you to class. This department is not responsible for the security of your belongings. **LOCK YOUR LOCKER! DO NOT GIVE YOUR COMBINATION TO ANYONE!**

LOCKER ROOM PROCEDURES

Students may only use the locker rooms during their physical education class. Locker rooms will be secured each hour after the first 10 minutes of class and reopened during the last 10 minutes of class.

1. Pick any small locker for your use during the semester.
2. Use only the long locker during PE class.
3. Make sure your locker is locked at all times.
4. You have 8 minutes to dress at the beginning and the end of class.
5. No food or beverage is allowed in the locker room.
6. No horseplay is allowed in the locker room.
7. Pick up after yourself! Everyone wants a clean locker room.
8. Towels will be provided upon request.
9. Students may not leave the gym or locker room without permission.

IF YOU LOSE YOUR LOCK, GYM EQUIPMENT, PERSONAL BELONGINGS, OR FORGET YOU LOCK COMBINATION OR LOCKER NUMBER, SEE YOUR TEACHER IMMEDIATELY FOR ASSISTANCE

ELECTRONIC DEVICES

Cell phones, Blackberries, iPods, MP3 players, and other devices are not allowed in the lockerrooms or in PE class for safety and privacy reasons. Please leave them in your street locker and make sure your locker is locked.

TEACHER CONTACT:


If you have any questions or need help outside of class, I am available in **Pool office** before school, usually from **7:00am until 7:20am** and after school until **3:25**. Do not hesitate to come in if you have any questions or need some extra help.

RUHS Citizenship Rubric

“Try your hardest, do your best and give your all.”

To earn a RESPEC

To earn a CITIZENSHIP grade you must meet 3 or more criteria in one number band.

	Be <u>R</u>esponsible	Be Respectf<u>U</u>	<u>H</u>onorAcademics
	Always <ul style="list-style-type: none">on time to class	Always	Always <ul style="list-style-type: none">prepared for class

4	<ul style="list-style-type: none"> phones, electronics are off and unseen food and drinks are not present during class (except water) 	<ul style="list-style-type: none"> respectful of staff, students and school property uses appropriate language demonstrates appropriate school behavior 	<ul style="list-style-type: none"> participates on task works to potential demonstrates academic integrity
3	<p>Consistently</p> <ul style="list-style-type: none"> on time to class phones, electronics are off and unseen food and drinks are not present during class (except water) 	<p>Consistently</p> <ul style="list-style-type: none"> respectful of staff, students and school property uses appropriate language demonstrates appropriate school behavior 	<p>Consistently</p> <ul style="list-style-type: none"> prepared for class participates on task works to potential demonstrates academic integrity
2	<p>Occasionally</p> <ul style="list-style-type: none"> on time to class phones, electronics are off and unseen food and drinks are not present during class (except water) 	<p>Occasionally</p> <ul style="list-style-type: none"> respectful of staff, students and school property uses appropriate language demonstrates appropriate school behavior 	<p>Occasionally</p> <ul style="list-style-type: none"> prepared for class participates on task works to potential demonstrates academic integrity
1	<p>Rarely</p> <ul style="list-style-type: none"> on time to class phones, electronics are off and unseen food and drinks are not present during class (except water) 	<p>Rarely</p> <ul style="list-style-type: none"> respectful of staff, students and school property uses appropriate language demonstrates appropriate school behavior 	<p>Rarely</p> <ul style="list-style-type: none"> prepared for class participates on task works to potential demonstrates academic integrity

Reading and Writing/Literacy Skills: Literacy will be supported in this class through the use of: Close reading with annotation across and using claim, evidence, reason/explanation as a format for constructing arguments in writing. Other strategies may be implemented to assist students' learning as needed.