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COURSE DESCRIPTION

LIFETIME SPORTS 3 (PE2610)

Grade 11 1/2 unit 18 weeks

This course offering, on a selective basis, will be an extension of Lifetime Sports 1 & 2. They are coeducational with emphasis placed on students improving the basic skills learned in the previous lifetime sports course. Individual help will be stressed to aid in the correct development of specific skills. In some instances, field trips to community resources may be used to provide students with more realistic settings.

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, 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.

UNIT AND ASSESSMENT SCHEDULE

AS PART OF EACH UNIT TAUGHT, YOU WILL BE REQUIRED TO COMPLETE AN ASSESSMENT. THIS COULD BE IN THE FORM OF A WRITTEN ASSESSMENT (QUIZ), A SKILL DEMONSTRATION ASSESSMENT, OR A TEACHER OBSERVATION.

WELLNESS CENTER-FITNESS DAYS (2 DAYS A WEEK)

MINDFULNESS EMPHASIS (SOME WC DAYS- TYPICALLY 1 DAY PER WEEK)

ARCHERY

BIKING

FISHING

ORIENTEERING

PICKLEBALL

TEAM HANDBALL

JUGGLING

CLIMBING WALL AND COOPERATIVE GAMES

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 re-teaching 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.

There will be two Amnesty days offered in class to Review, Revise, Re-do *certain* standards/assessments (evidence). The tentative dates are September 25th and December 18th (before grades are issued). These dates can change based on scheduling. Use this opportunity wisely.

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
- You are required to work out for ½ hour 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 Requirements

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.

- Must demonstrate proficiency (Letter grade of "B" or higher)
- No unexcused absences
- Have 95% attendance or higher in the course (no more than 4 excused absences)
- No non-dressed days
- PE Lock turned in or paid for if lost/ off the unfinished business list

*Anyone using **ANY** electronic device during an assessment will receive an automatic **FAILURE** for the assessment!

Texts and Materials

- Gym Padlock: issued by the instructor, \$7.00 if lost or stolen

Gym Uniform: shorts with elastic waistband & **Riverside PE T-shirt**, tennis shoes with laces, socks, (sweatshirt or jacket, sweat pants – optional), deodorant and soap. Uniforms are to be taken home and washed every week

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 YOUR 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 locker rooms 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, we are available in **Room 168** or the **Health room (174)** before school usually **7:00am** and after school until **3:25**. You may email me or call the phone number at the top of the syllabus, although one-on-one meetings are usually best. 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 RESPECT CITIZENSHIP grade you must meet 3 or more criteria in one number band.

	Be <u>R</u> esponsible	Be <u>R</u> espect <u>U</u>	<u>H</u> onorAcademics	Be <u>S</u> afe
 4	<p>Always</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>Always</p> <ul style="list-style-type: none"> respectful of staff, students and school property uses appropriate language demonstrates appropriate school behavior 	<p>Always</p> <ul style="list-style-type: none"> prepared for class participates on task works to potential demonstrates academic integrity 	<p>Always</p> <ul style="list-style-type: none"> follows school and classroom rules follows staff directives secures personal belongings follows dress code
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 	<p>Consistently</p> <ul style="list-style-type: none"> follows school and classroom rules follows staff directives secures personal belongings follows dress code
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 	<p>Occasionally</p> <ul style="list-style-type: none"> follows school and classroom rules follows staff directives secures personal belongings follows dress code
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 	<p>Rarely</p> <ul style="list-style-type: none"> follows school and classroom rules follows staff directives secures personal belongings follows dress code