

SILVERTON HIGH SCHOOL PHYSICAL EDUCATION

WEIGHT TRAINING & CONDITIONING

Class Contract

Mr. Rise (503) 873-6331, Ext. 3769

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Length of Class: Semester

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1. Course Content

This course is designed to develop muscular speed, strength, balance, coordination and cardiovascular conditioning for the typical high school athlete. The Physical Education Department expects all students to participate with a high level of effort, use good technique, to demonstrate proper training etiquette and to show the knowledge and use of the equipment. The following standards will be used for this course:

- Demonstrate knowledge of a variety of motor skills. **PE.HS.EE.01**
- Understand and apply movement concepts. **PE.HS.EE.02**
- Understand rules and strategies for a variety of physical activities. **PE.HS.EE.03; PE.HS.EE.04**
- Demonstrate knowledge of a physically active lifestyle. **PE.HS.FL.01; PE.HS.FL.02**
- Understand the meaning of physical fitness, how personal fitness can be improved, & maintained using a health-related fitness assessment as one tool for measuring. **PE.HS.FL.03**
PE.HS.FL.04
- Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity. **PE.HS.SM.01**
PE.HS.SM.02
- Understand and apply safety in movement activities.
- Understand that history and culture influence games, sports, play, and dance.

2. Grading System

-Students can earn a total of 5 points per day:

-Students will be assessed daily throughout the semester, on a 1, 3, or 5 point scale, based upon the standards listed above.

-Students will also receive a "final assessment", also based upon the standards listed above.

-Daily Scoring Rubric:

- 5**
 - a. Always uses appropriate language and practices good sportsmanship
 - b. Always dressed down appropriately. Always demonstrates on task behavior. Participates the entire time for activity. Follows class procedures/expectations.
 - c. Initiates involvement in activity and organizes group. Cooperates the entire time with other students and/or faculty. Understands and helps with class rules.
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 - a. Occasionally uses inappropriate language and mostly practices good sportsmanship.
 - b. Usually dressed down and on task. Usually demonstrates on task behavior. Participates only under observation and verbal encouragement. Are tardy for class. Sometimes follows class procedures/expectations.
 - c. Occasionally has input in organizing the group. Cooperates only under verbal encouragement of teacher. Usually follows class rules.
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 - a. Frequently uses inappropriate language and does not practice good sportsmanship.
 - b. Habitually not dressed down and/or off task. Rarely if ever participates or is engaged during the period. Gives little or no effort. Rarely follows class procedures/expectations.
 - c. Rarely has input in organizing the group. Fails to cooperate with other students and/or faculty. Rarely follows class rules.

Six week and semester grades will be based on the following percentages:

A = 90% to 100%

B = 80% to 89%

C = 70% to 79%

D = 60% to 69%

****** This is a "participation and demonstration" course. In order for the instructor to accurately assess learning, and provide an appropriate grade, students are expected to be present on a daily basis. Any**

missed class days, excused or otherwise, are missed opportunities for students to earn an assessment grade.****

Missed Class Make-up Opportunities:

*** Students who miss class and would like to make up the absence can do so at school, during “Fox Pause” time. **OUT OF SCHOOL MAKE-UPS (including school or club sports) will NOT be accepted.*****

3. Absences from Class Activities

-Any student unable to participate in class for more than **one week** will **need to have a doctor’s note excusing the absence.**

-Any student unable to participate in class for more than **two weeks** will need to have a doctor’s note **and** a conference with the teacher, a parent and a school administrator to discuss the continuation of the student in the PE class.

****Any student having excessive absences from this class will be referred to an administrator for possible removal from the class.****

4. Required Physical Education Clothing/ Locks

Each student is expected to dress in the issued Silverton High School Physical Education shirt. Cost of the T-Shirt is \$5.25 (shorts can also be purchased for \$9.75) which is to be paid at the High School Bookkeeper office. Clothing should be taken home and cleaned on a regular basis. Clothing with rips, holes or altered in any way **will not be allowed**. **Shirts and shorts must be marked with the last name of the student**. School issued *athletic* (i.e. football, basketball, dance, etc.) shirts **will not** be accepted as proper dress down attire and will result in loss of dress down points for that day; these points **CANNOT** be made up.

Each student will also be required to have a lock from the Silverton High Bookkeeper office, cost is \$4.50. Locks purchased during previous school years will be fine. All belongings must be locked up in the proper locker room facilities during class activities. **The Physical Education Staff will not be responsible for lost or stolen items.** It is your responsibility to make sure all your belongings are locked up!

5. General PE Class Guidelines

- Be present for roll call, dressed down and in the proper place no later than 5 minutes after the bell.
- Stay in the locker room until the passing bell rings.
- Wear your own P.E. clothes and not other students.
- The locker room will be locked during class time and off limits to ALL students. Use the restroom prior to the start of class.
- *****ALL TEAM ROOMS will be locked at the start of 1st period, and will remain locked until the end of 7th period*** (they will open at the listed dismissal time for a sporting event)**

6. Cell Phones/IPODS/MP3 players, etc.

Electronic devices are not allowed in the gym area before, during or after class. These devices will be confiscated and turned into the office.

** Any student caught talking/ texting/ reading texts/ or listening to music on their phones will be referred to an administrator for possible removal from the class. **NO CELL PHONES IN THE LOCKER ROOM !!!!!**

I have read the above policies and will do my best to comply with each one.

****ATTENTION: This is a 50 point assignment. Syllabus must be returned within 5 school days to receive credit.****

Student Name Printed: _____ Period: _____

Student Signature: _____ Date: _____

Serial # on the back of the lock: _____

Locker #: _____ Combo: _____ --- _____ --- _____

Parent Name Printed: _____

Parent Signature: _____

