



Academy of Arts, Careers and Technology

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Physical Education Policy & Syllabus for 21-22

Masks must be worn inside and can be taken off outside during Physical Education!

GENERAL PROCEDURES/EXPECTATIONS

1. Be **Respectful**. 2. Be **Appropriate**. 3. Be **Prepared**. = **RAP**

Consequences for not following expectations.

- 1st Offense = Warning
2nd Offense = Student goes to the "ice box" to cool off!
3rd Offense = Student/teacher conference and tracking form documentation.

Start of Class:

- Students will put their back packs inside of the locker room.
- Students will wait in the locker room until everyone is ready.

Conclusion of Class:

- Students will leave from the locker room at the end of the period.

GRADING POLICY

- **Participation - 75% (NO Cell Phones Needed for PE, Must Be Left in Backpack)**
- **Worksheets - Fitness Circuits - Other - 15%**
- **Final - 10%**

PHYSICAL EDUCATION DRESS:

- Students purchase their own PE clothes. School colors are burgundy, grey, and black. No undergarments can be showing. No V-neck, scoop neck, muscle shirts, crop tops, etc...
- Proper footwear should be worn for safety reasons. Sneakers are good; heels, slippers, etc... are not!

MEDICAL EXCUSES

- We will follow the protocol for COVID-19 that is implemented by the WCSD.
- Excused medical absences may not exceed 50% per semester per WCSD PE policies – see below <http://www.washoe.k12.nv.us/docs/accepted-practices/high-school/SUBJECT AREAS PHYSICAL EDUCATION CREDIT.pdf>

LOCKERS

1. Dress appropriate on days that you have PE. Also, please bring a water bottle.
2. Dress in layers with the weather if it makes it easier.
3. Continually coming to PE dressed inappropriately will result in reduction of participation points.

Class Communication

To Get in Contact with the instructor: Joseph Trischetti – Mr. T 😊

1. Email me at jtrischetti@washoeschools.net
2. Contact me on Teams
3. Call the school at 775-327-3920

Modes of Instruction

- All grades will be final through Infinite Campus. This will make it easier for the students, parents, and teachers.
- Microsoft Teams will also be used as a platform to submit papers or dialogue over vocabulary or a topic in PE.
- Please sign on to Teams at least once a week to check for any new class information or instructions.

5 Essentials to Learning

- Communicate = Positive Two-Way Street
 - Monitor = Performance
- Support = Friends, Teachers, and Family
 - Guide = A Productive Path
- Advocate = For their Needs and Academic Success

Disclosure:

Wearing a mask can prevent the spread of 80% of the COVID-19 virus. Proper safety distancing and proper handwashing can also help prevent the spread. Please, let's work together to ensure your child's safety and be productive in PE. Therefore, if during the year that we need to change something, we will for the benefit and safety of your child.

Thank you: I, Mr. T, would personally like to thank you for letting your child be a part of this awesome school and family called the Academy of Arts, Careers, and Technology!