

# NVHS PHYSICAL EDUCATION SYLLABUS

## STUDENT EXPECTATIONS

Your grade will be determined by a combination of:

- a. Dressing out
- b. Participating to the best of your ability
- c. Physical testing
- d. Midterm and Final exams
- e. Participate and access with Microsoft Teams

## Physical Education Fees:

All fees are to be paid to the bookkeeper before school, at lunch or after school. Bookkeeper accepts cash only, or card. You can also pay fees on the website. Please go to <https://www.washoeschools.net/Page/6360> – click on PAY FEES ONLINE and you can pay with a credit card, fee apply.

- PE Uniform (Shirt and Shorts) \$12
  - PE Shirt Only \$5
  - PE Shorts Only \$7

**\*\*FINANCIAL ASSISTANCE:** Students that have a financial issue regarding PE fees need to fill out the Physical Education Financial Aid form and have it signed by their parent/guardian or your school counselor. Students/Parents with a financial issue **MUST** work out a payment plan with the school. *If a payment plan is not an option, please communicate with your PE teacher.*

## DRESSING OUT

**Dressing out properly each day is an expectation of this class!!**

Students will dress out and begin receiving points toward their grade Tuesday, Aug. 20<sup>th</sup>.

1. Students should wash their PE clothes regularly (At least once per week).
2. Loaner Clothes (not available until student proves (via wearing) they own their own uniform).
  - a. Clean NVHS PE uniforms are provided to students.
  - b. Continual usage of loaner clothes will result in progressive discipline including parent contact (extra conditioning, detention, required make-ups, referral to SSO).

## ATTENDANCE

1. To be considered on time to PE, students must:
  - a. Be in roll call lines when the bell rings to begin class.
  - b. Be dressed out and ready to begin class within the 5 minutes allowed to dress out.
2. The 90% WCSD attendance policy will be enforced. Leaving class without permission at any point before the passing bell rings will result in a period truancy and that student will be subject to school rules and consequences.
3. PE is a participation class and points are earned for daily participation. A student's grade is lowered with every absence; or for lack/non-participation, at the teacher's discretion.

Exceptions to this rule will include absences due to school business. It is the student's responsibility to inform the teacher that they missed due to school business.

\*\*Visits to the nurse for illness are considered an absence.

\*\*PE make ups will take place Wednesdays and Fridays during GRIT.

\*\*Students must have planner pre-signed by PE teacher to be excused from GRIT class.

### **ILLNESS OR INJURY**

1. **3 DAYS OR LESS:** The parent may write a note to the teacher excusing a student from participation in PE for a maximum of **3 consecutive days**. The note must be received on the day the student is to be excused and the student is expected to dress out. Any days a student misses due to a parent/guardian note **must be made up to receive credit**.
2. Illness or injury **exceeding 3 days**, must be covered by a doctor's note. Make-ups will be determined on an individual basis by the student's teacher depending on the illness or injury.
3. **Long term illness or injury** – Participation is crucial to student success in PE, any student with long-term illness or injury, prohibiting participation, must meet with the teacher and counselor to explore appropriate options.
4. **Asthma– IF YOU HAVE ASTHMA, PLEASE BRING YOUR INHALER TO CLASS AND HAVE ON YOU DAILY!**
5. Doctor notes and limitations **INCLUDING ASTHMA** need to have an updated file on record in the clinic, and it will be marked in IC.
6. All injuries sustained during PE class, however minor, should be reported to the teacher immediately.

### **LOCKERS – LOCK UP YOUR BELONGINGS AT ALL TIMES!**

1. Each student will be assigned their own small PE locker. Tall lockers are to be used during class time only! **Students leaving their PE clothes or personal belongings in a tall locker outside of class time will have their items removed. Neither the school district nor their employees are responsible for any lost or stolen items.**
  - a. Students must use their locker, and only their locker (NO sharing).
  - b. Students should keep their locker combo private and stored in a safe place.
  - c. Students should not bring valuables to PE.
  - d. If you lose your lock, immediately see your teacher for a replacement.
2. **Locks will be supplied to each student to put on their small locker. If the lock is not returned at the end of the school year, the student will be charged \$7.**
3. Only locks issued by NVHS will be allowed in the locker room.

### **CLASS ROUTINE**

1. First roll call, students must be in assigned spots by the tardy bell (5 minutes)
2. Dress out (5 minutes) – students will remain in locker room **SEATED BY THEIR LOCKER** until whistle blows or bell rings, please use the restroom and put on deodorant during this time.
3. Second roll call and warm ups (locker rooms locked – NO entry)
4. Activity

5. Dress out and remain in locker room **SEATED BY THEIR LOCKER** until bell rings (last 5 minutes)
6. Exit the locker room on the hallway side at the end of class.

### **NVHS PROGRESSIVE DISCIPLINE PLAN**

NVHS PE department will follow a progressive discipline plan which is explained below, however, keep in mind that a student can begin at any step/level depending on the severity of the offense.

1. Teacher warning
2. Parent phone call
3. Detention
4. Referral
5. Parent conference

### **GRADING**

Each day in PE is worth a total of 10 participation points. Below are how points can be earned:

On time	+2
Wearing full PE uniform, including appropriate footwear	+2
Participation and completion of assignments	+6

### **Student's citizenship grade is based upon:**

- Non-suits
- Disruption or foul language
- Gym/food/drink in PE area
- Theft/fighting
- Sportsmanship
- Defiance
- Leaving class without permission
- Bringing electronic devices into class

### **WEIGHTED GRADING CATEGORIES**

- Engaged in Activities (Standard 3.12.1) (50%)
- Regular Participation and Attendance (Standard 3.12.3) (35%)
- Fitness Proficiency/Final (Standard 1.12.1) (15%)

Final exams must be taken, or an incomplete will be issued. Finals **CAN'T** be taken early.

**PE CREDITS** – ½ credit earned per semester and 2 PE credits needed to graduate.

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### **Coaches Contact Info:**

Women's Coaches Office (Morgan/Gabica) 677-5499 Ext. 32673

[TMorgan@washoeschools.net](mailto:TMorgan@washoeschools.net) [Caroline.gabica@washoeschools.net](mailto:Caroline.gabica@washoeschools.net)

Men's Coaches Office (Doucette, Pondok, Dyczewski) 677-5499 Ext. 32674

[ADoucette@washoeschools.net](mailto:ADoucette@washoeschools.net) [Chris.pondok@washoeschools.net](mailto:Chris.pondok@washoeschools.net)

[SDyczewski@washoeschools.net](mailto:SDyczewski@washoeschools.net)

# **THIS PAGE WILL BE TURNED IN TO YOUR PE TEACHER!!**

## **Physical Education Fees:**

All fees are to be paid to the bookkeeper before school, at lunch or after school. Bookkeeper accepts cash only, or card. You can also pay fees on the website. Please go to [www.northvalleyshs.com](http://www.northvalleyshs.com) – click on PAY FEES ONLINE and you can pay with a credit card, fee apply.

- PE Uniform (Shirt and Shorts) \$12
  - PE Shirt Only \$5
  - PE Shorts Only \$7

## **First day of Dressing Out:**

Students will dress out and begin receiving points toward their grade Tuesday August 20, 2019<sup>th</sup>

**\*\*FINANCIAL ASSISTANCE:** Students that have a financial issue regarding PE fees need to fill out the Physical Education Financial Aide form and have it signed by their parent/guardian or your school counselor. Students/Parents with a financial issue **MUST** work out a payment plan with the school. *If a payment plan is not an option, please communicate with your PE teacher.*

**Questions regarding fees:** 775-677-5499

School bookkeeper ex. 32508

Men's Coaches Office: ex. 32674

Women's Coaches Office: ex. 32673

*Please review these expectations, sign, and return to your PE teacher.*

We have read the North Valleys High School Physical Education Syllabus and understand its content. As a student, I agree to adhere to the policy in order to earn PE credit. As a parent/guardian, I agree to support my son/daughter by encouraging him/her to adhere to the policy so that PE credit may be earned. I also am aware that students will begin to dress out on August 20<sup>th</sup> as part of their grade and we will do everything on our part to make sure our son/daughter has their uniform and locker fees paid before this date. Finally, if my son/daughter is not able to pay their fees we will fill out a Physical Education Financial Aid Form as well as communicate with the NVHS PE Department and/or the finance office to work out a payment plan over time.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Student's NAME (print): \_\_\_\_\_

PE Teacher (print): \_\_\_\_\_ Period: \_\_\_\_\_