

McQueen High School

PE Department Syllabus

Welcome! Each semester of fitness classes offered by the McQueen PE Department will count .5 toward the 2 credit PE requirement for graduation. I hope that your experience in any of these courses will be enjoyable, challenging, and educational. **It is important that you and your parents understand the following policies and procedures to be successful and safe in this class.**

A. COVID Safety

1. Students are encouraged to wash/sanitize hands before and after class.
2. Students will always wear a mask in class.
3. Students are recommended to maintain 6 feet of social distancing while exercising.
4. Students will not have locker room access, so must come to school in fitness ready attire.
5. No sharing of masks, clothing, equipment, or any other items.
6. See the teacher with any COVID safety concerns.
7. All district regulations for self-monitoring before coming to school apply to this class.

B. At Home Learning and In-Class Expectations:

1. Students will attend class, in person, every other day. During off-campus learning days, students will have an online assignment that they must log onto Microsoft Teams to access and complete. At home assignments are due that day. If the student is too ill to log into Microsoft Teams that day, the guardian must call the attendance office and let the school know that their child will not be logging into Teams, or they will be marked absent in Infinite Campus.
2. Activities at home will be done safely and with appropriate levels of supervision.
3. Please note that exercise puts stress on the body that causes an increase in breath rate, heart rate, body temperature, and other body functions. Students will be taught how to self-monitor these increases to safe levels and are expected to avoid taking exercise to levels that cause the student to feel dizzy, lightheaded, or unable to catch the breath. Students should also never take physical activity to the point that sharp or unnatural pains are occurring in any part of the body.
4. If the student has a preexisting medical condition, please contact the teacher to let them know of any concerns and let the doctor know of activities that will be done in class.

C. Illness or Injury:

1. **Two in person days or less-** A parent may write a note to the teacher to excuse a student from participating in PE for a maximum of two consecutive in-person days while they are recovering from an injury or a noncontagious illness that allows for them to be in school. The parent note must be presented to the teacher the day of the excuse and must include the dates to sit out and a contact number. **Days sat out must be made up!**
2. **Illness or injury exceeding two consecutive in-school days must be covered by a doctor's note.** Illnesses or injuries that cause a student to be unable to physically engage, and are covered by a doctor's note, do **NOT** need to be made up, however all screen time assignments must be completed.
3. To receive PE credit, a student must complete a minimum of 45 days of the physical activity assignments.
4. All injuries however minor, sustained during PE, must be reported to your teacher immediately.

D. Procedures for making up absences or days sat out while in class:

1. If a student is absent or cannot perform the physical activities assigned in class due to health concerns, they will check Microsoft Teams for the **makeup workout** to do when recovered. Each makeup workout will count toward one missed in-person workout and will be in addition to the at home workout assignment. Students will receive 2 weeks from the time of the missed workout to get the makeup workout verification turned in to the teacher.

E. Daily list of items to bring into the fitness class:

For safety, hygiene, and freedom of movement, the following is required for all students daily:

- a. Bring your own water to class. Water fountain use will be avoided. No juices, Gatorade, Crystal Lite, or other drinks allowed.
- b. Unless weather conditions are unsafe, students may be outside every day. Students may bring sunscreen, a hat, sunglasses, and anything else that offers protection from the sun. Students will not go shirtless or wear clothing that does not cover the midriff. When it is cold, students must have layers that help keep them warm. Students will wear clothing that represents WCSD policies.
- c. No dresses/skirts or clothing that does not offer a free range of movement.
- d. Shoes must be of an athletic nature Athletic shoes must also be worn to yoga then may be removed. Yoga students will either wear socks to class for sock yoga and/or will bring a yoga matt to class.
- e. Under the discretion of the teacher, any deviation from the required PE uniform may result in a non-suit or point deduction being recorded for that class day.

- f. Students are encouraged to bring deodorant, and other personal hygiene items.

F. In Class Safety & Security

1. Students will not be allowed to leave teacher supervision, until dismissed by the teacher.
2. If a personal need or emergency arises, students will see their teacher to request a pass.
3. McQueen is **not** responsible for stolen items. Students will be instructed on where to leave their items while in class. If there is a concern, the student will speak to the teacher.
4. **Fighting, Theft, and Bullying will NOT be tolerated!** See the teacher with any concerns
5. **Take pride in keeping all areas on campus clean and free of litter or trash.** All items no longer needed are to be thrown away in a trash can.

G. Tardiness:

1. Students must be seated in their roll call spot at the tardy bell or they may be marked tardy.

H. Activities:

1. Please be aware that various activities are done daily and may involve stretching, walking, spinning, weight bearing exercise such as lunges, sit ups, pushups, yoga, and sports related exercise.
*Students will be taught how to do all the above and will be asked to demonstrate these movements at a non-vigorous level in class, with the mask on, to demonstrate proper alignment and understanding. Students will then take what is learned to do at home at higher intensity levels that are still safe.

I. Grading:

1. Academic Grade

a. It is recommended that Infinite Campus be checked weekly. If a question arises regarding the grade, contact the teacher immediately.

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| 1. Physical activity assignments (with all mentioned safety precautions taken) | 45% |
| 2. Distance Learning assignments | 45% |
| 3. Final Exam | 10% |

Course focus/goals will include, (but not limited to):

- Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities. (NVACS 1.0)
- Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities. (NVACS 2.0)
- Participate regularly in physical activity. (NVACS 3.0)
- Achieve and maintain a health-enhancing level of physical fitness (NVACS 4.0)

2. Citizenship grade

a. A student's citizenship grade may be lowered for the following:

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| 1. Sitting out | 6. Forgery/theft/fighting |
| 2. Absent work not made-up | 7. Bad sportsmanship |
| 3. Defiance | 8. Leaving class without permission |
| 4. Disruption/Foul language | 9. Bringing electronic devices into the class |
| 5. Gum/food in class | |

J. Progressive Discipline Plan:

1. Conference with student
2. Call Guardians
3. Referral to discipline office

Grading Scale

90-100% A 80-89% B 70-79% C 60-69% D Less than 60% is failing

This syllabus is written under the context that students will not have locker room access and will be attending school under the WCSD hybrid model. If things change and students are directed to come to school full time or to stay home and continue education under Distance Learning, appropriate guidelines and expectations will be given. Please direct any questions or concerns to the teacher:

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