

**Lifetime Sports Course Syllabus  
Whitney High School  
Physical Education Elective**

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**Uniforms**

PE shirts and shorts are sold the first week of school for \$25. Students may purchase them from the student store or bring their own plain maroon shirt and vegas gold shorts. Students may also wear black, grey, maroon, or gold sweats and sweatshirts. Students are also required to have athletic/running shoes appropriate for physical activity. Shoes must have laces and be tied. No "slip ons".

**Loaners**

The WHS Physical Education department provides loaners to students who have forgotten their PE clothes. Students are allowed 3 "loaner days" per semester. Students must provide a teacher with their ID card to receive clothes. The ID card will be returned when the clothes are returned. After 3 days of loaners have been used, loaners may be issued to the student but they will lose all dress points.

**Locker Room**

Students will be provided a lock and a locker. Lost locks will cost the student \$6 to replace. Students are responsible for keeping their belongings **locked up in their locker** during class time. The PE staff is not responsible for lost or stolen items. Lost and found items will be donated at the end of each quarter.

**Course Content/Description:**

This course is designed to introduce and provide opportunities for students to develop the basic and intermediate skills in a variety of sports/activities and conditioning. The content articulates the knowledge, skills, and confidence students need to maintain meaningful physical activity throughout their lifetime. Badminton, tennis, pickle ball, aerobic walking, fitness, jogging, juggling, yoga, softball, volleyball, water activities, and golf will be offered during this course. There will also be a bi weekly 3 mile run/walk test to help measure fitness levels. Other activities may be added by instructor.

<b><u>GRADING</u></b>	<b><u>DAILY PERCENTAGES</u></b>
90-100 A	<b>TESTS/ASSIGNMENTS: 30%</b>
80-89 B	<b>PARTICIPATION: 35%</b>
<u>70-79 C</u>	<b>DRESSING OUT: 35%</b>
<b>Below 70% will result in a NO CREDIT</b>	

**Grading and Correctives**

Physical Education is a participation-based course where students earn points daily by coming to class on time, dressed in PE clothes, participating in all activities, and demonstrating appropriate behavior. If a student does not follow these guidelines they will lose points. If a student is absent, they will not earn their points for the day, but they may make up their points by attending a corrective. Correctives opportunities will be offered throughout the year. You can make up absences, tardies, miles, participation, and non-dresses. All missed and incomplete assignments will be dealt with through your individual teacher. All tests and assignments are essential skills. If a student does not pass a test or assignment with at least 70%, they will need to retake the test until a 70% is achieved. .

**How to Receive a Stamp**

Students must present their planner at the beginning of roll call and must have a 70% or higher and all essential skills completed in order to receive a stamp.

**Parent/Doctor's notes**

It is the understanding of the Physical Education department that if a student is well enough to attend school then he/she is well enough to participate in Physical Education. However, it is also recognized that there are legitimate reasons for being excused from physical activity. In order to be excused from class activities the student MUST bring a signed and dated note from the parent, explaining why the student is being excused,. All notes must be presented ON the day of inactivity. If the student needs to be excused for more than 3 calendar days, a doctor's note is required! This note must be on file with the PE instructor and Health Office. No more than one parent note per quarter will be accepted.

**Students excused from activity will dress in PE clothes and participate as appropriate.**

**Essential Skills:**

- Dress in appropriate WHS PE clothes
- Regular attendance and on task at all times.
- Active participation at all times
- Successful completion of all assignments

**Correctives:**

Physical Education will be offered throughout the year. Please check with your teacher for dates.

To sign that you acknowledge and have read the syllabus for **Mrs. Steele's** course, please click [here](#).

To sign that you acknowledge and have read the syllabus for **Mr. Gimenez's** course, please click [here](#).

Parent Signature \_\_\_\_\_  
Student Signature \_\_\_\_\_