

# Saratoga High School

## Physical Fitness Department

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### **Course Description:**

This course will provide a core standards-based curriculum to first and second year students. Goals for students include demonstrating a sophisticated knowledge of the many facets of physical fitness, a detailed assessment of fitness levels, and the ability to demonstrate improvement over the course of the semester.

Beginning Physical Fitness is open to all students. Intermediate Physical Fitness is for students who have successfully completed at least one semester of the beginning course, and presumes mastery of the nine functional movements.

### **Course Content Standards:**

*Adopted from National Standards for Physical Education (NASPE, 2004)*

- **Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
- **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
- **Standard 3:** Participates regularly in physical activity
- **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings
- **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

### **Required Class Materials:**

- SHS physical education t-shirt and shorts
- Appropriate athletic footwear
- SHS swimsuit

### **Department Policy on sweatshirts and sweatpants:**

- Team-issued SHS sweats
- School purchased SHS sweats
- **Plain** sweats in school colors (navy blue, red, white or gray) with NO LOGOS

### **Lockers:**

Each student is assigned a PE locker during the first week of school. Please lock your belongings before heading out to class. Do not share your combination, locker, or PE uniform with anyone. The Physical Fitness Department, Saratoga High School, and the Los Gatos-Saratoga Union High School District are **not responsible** for lost or stolen property.

### **Grading Policy:**

Grades will be based on a combination of activities including daily participation, assessment and improvement of fitness levels, and a demonstration of fitness knowledge. There are three grading periods each semester.

**I. Daily Participation (20%):** California Ed. Code states students must actively participate in physical education class for a minimum of 400 minutes every 10 days. Participation points are front-loaded at the beginning of each grading period, so each student's success in this category is primarily based on his or her willingness to participate in the daily activity, and adhere to department guidelines.

**II. Assessment and improvement of fitness (20%):** Students fitness levels will be assessed on a regular basis using various modalities, including teacher observation.

**III. Demonstration of knowledge (20%):** Students will be required to demonstrate their knowledge of fitness movements, fitness concepts, and other topics related to fitness. These may take the forms of tests, quizzes, projects, and class assignments.

**IV. Meeting minimum standards (20%):** Students will be graded on their ability to meet minimum semester I performance standards. A list of standards will be distributed to students during the first week of the semester.

**V. Student Portfolios (20%):** Students will keep a daily fitness log that includes workout data and personal reflections and short term goals. At or near the end of each grading period, students will summarize their progress, using graphs and other graphic presentation strategies. The portfolio will be graded on completeness, neatness and effectiveness in demonstration of improvement

### ***Points will be deducted from student's overall grade for the following:***

- **Absences (-2):** Points deducted after the first three absences per semester
- **Discipline (-1 to -5):** Behavior Comment due to behavior unsafe or detrimental to the class
- **Non-suit (-2):** Student will not be allowed to participate and therefore lose participation points
- **Partial Non-suit (-1):** Student is not in complete SHS physical education uniform
- **Non-Participation (-2):** Student fails to participate or get involved in the class activity.
- **Tardy (-1):** Student is not in line when attendance is taken
- **Cut (-10):** Student has failed to clear an absence with the attendance office

### **Grade Distribution:**

A traditional grading scale is used to assign grades based on the percentage of total points earned as follows: A+ = 98-100, A = 94-97, A- = 90-93, B+ = 87-89, B = 84-86, B- = 80-83, C+ = 77-79, C = 74-76, C- = 70-73, D+ = 67-69, D = 64-66, D- = 60-63, F = 0-59

### **Make-up Work:**

Students will be allowed to make-up points during most Friday tutorials, with the exception of the last Friday of the grading period, rallies, and special events. Dates to be announced on a weekly basis.

### **Medicals:**

Students with an illness or injury of 3 days or fewer shall bring a note from home to excuse them from participation. The student is still required to suit-up while on the medical. Any condition which prohibits your child from participating in Physical Education longer than 3 days must be affirmed with a medical doctor's note. **The medical note must state what the student is allowed to do.** "No Physical Education" written on the note will not be accepted. For example, if your child cannot run, but can walk, that must be stated on the note. Students requiring extended medical exemption **may be** removed from physical fitness until he/she can fully participate.

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<b>PARENT/GUARDIAN ACKNOWLEDGEMENT FORM</b>
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**I have read and understand the grading policy, uniform requirement, and class policies/procedures.**

**Student Name (print)**

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**Student Signature**

\_\_\_\_\_

**Parent/Guardian Name (print)**

\_\_\_\_\_

**Parent/Guardian Signature**

\_\_\_\_\_

**Parent/Guardian Contact Information**

**Daytime Phone #** \_\_\_\_\_

**Work Phone #** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Email:** \_\_\_\_\_