



Dan Friedman

Systematic Conditioning

Room # Gym, Prep 6th

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“PARENTS, YOUR CHILD’S EDUCATION AND PHYSICAL WELL BEING ARE MY TOP PRIORITY.
PARENT AND STUDENT SUPPORT WILL ASSURE SUCCESS.”

Course Description:

This is a fitness concept based class that includes activities such as cardiovascular conditioning, weight training, core strength training, and plyometrics. This is an elective credit course.

Course Objectives: Arizona State Standards

<http://www.azed.gov/health-nutrition/physical-ed-standard/>

Daily Routine

Students must be in the gym by the final bell or they will be sent to sweep. Students will have 7 minutes to dress for class in activity clothing. Class will consist of warm-ups/exercises, instruction, skill practice, competition/workout and evaluation. Students will have 5 minutes to dress back into their regular school clothes. All students must remain in the designated area under the supervision of the staff until the bell rings. Failure to do so will result in loss of participation credit and possible disciplinary action.

Uniforms

You must change your clothes. The uniform is athletic shorts (gym shorts) and sleeved T-shirt with no alterations or tears. For safety reasons, zippers, and belt loops on shorts or shirts with buttons are not allowed. Denim shorts are not considered appropriate for these classes **Shorts will be black without pockets, while T-shirts will be plain white with BCHS pe/club/team** and adhere to the school handbook. You are not permitted to wear athletic equipment to a Physical Education class. The school/district dress code also applies in determining dress that is not acceptable for activity. For safety reasons, we recommend that you do not wear any jewelry during class. Instructors will ask you to remove jewelry if it causes a safety issue to the class. Gym shoes, defined as shoes with athletic intent, not fashion, must be worn at all times during class (shoelaces tied).

Locker room

Students are assigned a small locker, which is to be used as a storage locker for P.E. clothes/shoes. During class, students will place their street clothes & backpacks in the corresponding long locker. Students need to make sure to return their gym clothes to their small locker after class. No one should know your combination or use your locker except you (no personal locks). **We are not responsible for the loss of personal items from these lockers. Never use your locker to store large amounts of money or valuable items. Make sure your lockers are locked at all times.**

Student Conduct

Treat everyone with respect.

No cell phones allowed in class.

At no time are glass containers, food, or drinks allowed in the gymnasium or locker room. Enter the coaches' office only after knocking and being requested to do so. Do not touch any equipment until you are given permission. School policy applies to the use of all tobacco products, alcohol, and drugs.

Nurse's Excuse

All doctor and parent excuses must be presented to the school nurse before Physical Education class. **You are to report to the nurse before school or class, not during class time.**

Injuries

Report all injuries to your coach at the time of the injury.

Extended Absences

In cases of long term medical excuses the Physical Education Department and Administration will individually consider each situation to determine if the student should 1) remain in the regular class and earn make-up credits, 2) re-enroll in class at a future date, 3) transfer to limited Physical Education class or 4) in extreme cases have the Physical Education requirement waived.

Evaluation

The Physical Education grade is based upon 1) Participation 2) Performance Scores and 3) Final Exam. Students are expected to dress out and participate in activity classes. Grade criteria for all classes are the same as the school policy used for determining an A, B, C, D, or F grade.

Make up

If you have an excused absence or a nurse's excuse, the following procedure must be used to make-up the class: Obtain from your coach and complete within the required time a make-up assignment. School activity related trips do not have to be made up. **Non-dresses cannot be made-up.**

Semester cumulative grade is #1 & 2 and comprises 80% of the final semester grade. Final semester grade includes the Final exam (3) which is the additional 20%. #1 is a weekly grade.

STANDARD	4 Pts	3Pts	2 Pts	1 Pts
1. Participates regularly in physical activity in a structured class setting.	Always participates In unit activities.	Participates most of the time in unit activities (1 absence, non dress, non participation, or combination, etc.).	Usually participates in unit activities (2 absences, non dress, non participation, or combination, etc).	Seldom participates in unit activities (3+ absences, non dress, non participation, or combination, etc.).
56% of students overall grade	Excelling	Proficient	Below Average	Falls Far Below

2. Tests, Quizzes & Written Assignments: constitutes **24%** of the grade and could include such things as research, fitness or strength tests, daily records, written tests and assignments.

3. Final Exam: **20%** of final semester grade.

There is no extra credit, late work, or retakes of tests or quizzes.

CRITERIA:

A= 90% and above; B= 80-89%; C= 70-79%; D= 60-69%; F=below 60%

Adherence to the Boulder Creek Academic Integrity Code

All students enrolled in Systematics will adhere to the framework and guidelines set forth in the Boulder Creek High School Academic Integrity Code. Cheating and Plagiarism will not be tolerated. **The purpose of this code is to promote a positive learning environment for all involved.** As humans, we will make mistakes as we grow. It is understood that we can learn from those mistakes and become better individuals in the future. Any student who violates this code will be referred to the Students Rights and Responsibilities handbook and assignment of appropriate consequences. ***Please refer to the Academic Integrity Code in your student handbook for more details.***

Powerschool Access

The Powerschools site allows parents/guardians and students to access the student's grades, attendance, and other information. The web address is: <http://ps.dvusd.org/public/>

Expectations As Boulder Creek High School students you are EXPECTED to do a number of things to ensure your success:


- Dress-out as quickly as possible
- Be respectful: of your classmates, yourself, coaches, and all school facilities and equipment.
- Follow the Golden Rule - "Treat others as you would like to be treated"
- Do the "right thing"
- WORK... this is an activity based class

Students will choose not to follow the rules:

1. Receive a warning
2. Receive isolation from activity & loss of points
3. Referral/Parent notified

Communication If you have any concerns with this class or I can assist you, PLEASE bring it to my attention. I am here to assist you in any way possible. Contact information is at the top of the page.

Classroom Behavior Expectations and Consequences - PBIS

	Learning Environment
Prepared	<ul style="list-style-type: none">• Bring materials• Come prepared to learn
Respectful	<ul style="list-style-type: none">• Respect others, their property, equipment, and the facility
Integrity	<ul style="list-style-type: none">• Complete your own work• All electronic devices are off and out of sight
Discipline	<ul style="list-style-type: none">• Arrive on time & be in your seat• Behave appropriately and use courteous language• Keep food and drink outside
Everyone United	<ul style="list-style-type: none">• Encourage confidence• Cooperate and collaborate