

THE CHARTER HIGH SCHOOL FOR LAW AND SOCIAL JUSTICE



EXCELLENCE • CHARACTER • COURAGE • COMMITMENT

Physical Education

Course Syllabus

Ms. Simmons, Mr. Todino, Mr. Piccione

Course Description

The Charter High School for Law and Social Justice Physical Education Department is based on the premise that physical activity and participation is important for all students, regardless of their level of athletic skill or ability. Throughout various activities, students engaged in our curriculum will learn how to incorporate physical activity into their daily lives.

Course Curriculum:

Unit 1: Soccer

Unit 6: Fitness

Unit 2: Flag Football

Unit 7: Badminton

Unit 3: Volleyball

Unit 8: Ultimate Frisbee

Unit 4: Floor Hockey

Unit 9: Team Handball

Unit 5: Basketball

Unit 10: Matball / Spikeball

***Units are subject to change*

Course Objectives

The objectives are aligned with the New York standards listed below:

- **Standard 1: Personal Health & Fitness** - Students will be equipped with the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
 - a. Developing student gross, locomotor and manipulative motor skills.
- **Standard 2: A Safe and Healthy Environment** - Students will be equipped with the knowledge and ability necessary to create and maintain a safe and healthy environment.
 - a. Assisting students in developing a positive self - concept and social interaction with peers.
- **Standard 3: Resource Management** - Students will understand and be able to manage their personal and community resources.

- *4 credits are needed to fulfill the graduation requirements at CHSLSJ*

Course Requirements

Students will need the following materials:

1. Proper PE uniform which consist of the CHSLSJ PE shirt, navy blue / maroon shorts and maroon sweatpants.
 - a. **All uniforms will be sold at FlynnO'Hara.**
2. Combination lock is mandatory! *Locks WILL NOT be provided.*
3. Appropriate footwear (sneakers with laces and socks)
4. Personal hygiene products (i.e deodorant, wipes, soap, feminine hygiene products, lotion, hair ties)

Student Expectations

Students are expected to:

- Participate in all classes, come prepared (PE uniform, sneakers with laces and socks) and follow the directions.
- **Behave appropriately including the use of language and social interactions.**
- Not bring food, chew gum and bring juice in the gym or locker rooms. **Bringing a bottle of water will be permitted.* Keep the locker rooms, bathrooms and gym clean!
- **RESPECT EACH OTHER, ALL EQUIPMENT AND BOUNDARIES. THIS IS A SAFE ZONE!**

Dress Code

The complete CHSLSJ PE uniform (navy/ maroon shirt, navy shorts, navy sweatpants) and sneakers are required on scheduled PE days. Students must wear sneakers with laces and appropriate socks. For safety purposes, if students are wearing the following inappropriate shoes such as dress shoes and boots (sneaker boots included), they will not be able to participate in the class and will be given an alternative assignment, which will include a work packet and/ or assisting the teacher for the class. **Substituting your CHSLSJ PE uniform with additional athletic clothing will not be permitted and will count as being “not - dressed” (ND).** **Due to sweat pants now being offered, students will be required to dress out COMPLETELY for PE class.**

Locker Room Policy

To prevent theft, students will be responsible for locking their personal belongings (book bags, electronic devices, etc.) in the boys or girls locker room. The locker students will be using, is temporary and will only be used during the designated PE class. All locks and personal belongings must be collected at the end of each class. ***ITEMS LEFT IN THE LOCKERS AFTER CLASS WILL BE CONFISCATED.***

- Students will have to enter the gym in order to gain access to the locker rooms. The entryways to the locker rooms outside of the gym will be locked at all times.
- Students will have 7 minutes to change into their PE uniforms and report to their squad spots for attendance. ***Three (3) latenesses will result in an automatic after school detention. Students refusing to adhere to this will be removed from class.***
- Vandalizing the lockers in the locker room or bathrooms is prohibited. Locker rooms will be inspected after every class. If you are caught vandalizing and/ or destroying school property, you will be responsible for the replacement cost.
- **FIGHTING OR HORSEPLAYING IN THE LOCKER ROOMS (& GYM) WILL NOT BE TOLERATED. Consequences will be applied to those who do not adhere to this.**
- **If you are not changing into your PE uniform for the day, you will have to wait outside of the gym until those students who are utilizing the locker room exit. You will have 30 seconds - 1 minute to use the bathroom, drop your belongings and exit the locker room.**
- If you have to use the bathroom during class, you will have to notify the teacher and will be escorted to the locker room.

Cell Phone Policy

For safety purposes, unless instructed by the teacher, all cell phones should be locked away in the designated locker rooms . Teachers will no longer hold onto cell phones brought onto the gym floor. This cell phone policy serves as a formal warning. Teachers will give one verbal warning if they see the cell phone. If cell phones are pulled out in class, after the first formal and verbal warning, the culture staff will be notified to confiscate the student’s cell phone and the student will serve a lunch and/ or after-school detention and their parents will be notified.

Grading Policy

- ***Classwork: (Participation, Cooperation & Performance Skills) 50%***
- ***Assessment (Written and Physical) 40%***
- ***Homework 10%***

Students can earn grades for each of the following: participation/being prepared, classwork, tests, homework and behavior. If your behavior is not up to par, a homework assignment will be sent home requesting a signature. **It is your responsibility to deliver that note to your parent/ guardian and return it in order to receive partial credit. LATE WORK WILL NOT BE ACCEPTED FOR CREDIT!** **Unforeseen circumstances will be taken into consideration per individual case.*

Dressing and Participating in Class:

- ***10 pts. = Dressed Out/ Participated (D)***
- ***6 pts. = Not Dressed but participated in warm up & activity (ND)***
- ***0 pts. = Uncooperative/ Refused to try (0)***

- **Ex = Excuse: Doctor and/or Guardian Note**
 - *A note from a parent or guardian will only excuse a student for that day. A note from a doctor will excuse your child until they are MEDICALLY CLEARED and will not count against them.*

Point Distribution for PE (100% total)

<i>A</i>	<i>95-100</i>	<i>B-</i>	<i>80-84</i>	<i>D</i>	<i>65-69</i>
<i>A-</i>	<i>90-94</i>	<i>C</i>	<i>75-79</i>	<i>D-</i>	<i>60 - 64</i>
<i>B</i>	<i>85-89</i>	<i>C-</i>	<i>70 -74</i>	<i>F</i>	<i><64</i>

- ***PLEASE NOTE THAT A 65% IS CONSIDERED A FAILING GRADE AND THE COURSE WILL HAVE TO BE REPEATED.***

Attendance Policy/ Make - Ups

Attendance, dressing and participation with vigor are critical to a student’s success in Physical Education. **Cutting class will result in an automatic zero (0) and will not be eligible for make ups. Three (3) unexcused latenesses will result in an automatic after school detention.** Students with *excused* absences will be given the opportunity to make up their missed classes by signing up for PE make - ups times (to be determined) or by submitting alternative assignments. **Students will have up to three (3) classes to make up work missed from their excused absence. A zero (0) will be placed in the grade book until the work is made up.** The Physical Education Department will make every effort to see that each student has the opportunity to be successful.

Medical Alerts

Students with medical conditions such as but are not limited to; asthma, bronchitis, diabetes, physical disabilities, etc.should notify the teacher with documentation. If you have an inhaler please notify us and bring the inhaler to class.

Contact information

Ms. Simmons ssimmons@chsjsj.org

Mr. Todino vtodino@chsjsj.org

Mr. Piccione mpiccione@chsjsj.org

**Physical Education
2019-2020**

Please sign below acknowledging that you have read and discussed the contents of this contract with your child and agree to contact

I am the parent/guardian of _____
and I have read and understand the information included in this syllabus

Scholar Name: _____

Scholar Signature: _____

Parent/Guardian Phone Number: _____

Parent/Guardian Email Address : _____

What is the best way to reach you? (circle below)

phone call

text

email

If there are any questions, please contact your respected Physical Education teachers using the email addresses provided below or by school phone at (347) - 696 - 0042 during school hours.

Parents, if you ever have any concerns about your student's work or behavior, please do not hesitate to call or email.

Contact information

Ms. Simmons ssimmons@chsjsj.org

Mr. Todino vtodino@chsjsj.org

Mr. Basso jbasso@chsjsj.org