

Name: _____

Period: _____

**WESTLAKE HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT
CLASS GUIDELINES**

GRADING SCALE

- 70%** -Prepared for Class (shoes, clothes, materials, secures personal items)
-Active Participation (applies movement concepts and safety practices, exhibits Healthy choices, rules, strategies, self management skills and social skills)

- 30%** -Evaluations and Written Assignments (Quizzes, projects, journals and homework)
-Movement Skills (skill proficiency tests and fitness tests)

*Need to wear appropriate clothing to participate in class. All P.E. students **MUST** wear appropriate clothing for participation in activities. Students may wear their own shorts or wind pants/sweat pants, t-shirt and athletic shoes. Athletic shoes are required to participate in activities in the gym area. If a student has no change of clothes they will either walk the duration of the class period or receive 0 credit for the day.

*After the tardy bell rings, you will have an additional **6** minutes to dress and be in your appropriate areas. Students will have **10** minutes to re-dress at the end of class.

*Dressing facilities will be provided in the P.E. locker rooms. Each student will be given a locker and the combination to that locker to secure clothing and valuables in the locker room.

*Safety rules are very important and need to be followed during all activities. Those rules will be given to you at the beginning of each new activity.

*Listening skills are very important in a large group. Please respect and treat your peers and instructors in the manner in which you want to be treated. **NO** profanity!

Medical Excuses:

To be excused from physical activity the student must bring a signed note from the parent explaining the cause, and must include a number that the parent can be reached at. This note will be acceptable for three days. If the student needs to miss more than three days, a doctor's excuse will be required. This note must be filed with the school nurse, have the doctor's signature, diagnosis, length of exemption and a phone number

**ENJOY AND HAVE FUN WITH
Personal Fitness / Individual and Team Sports**

Print Student's Name

Period

Student's signature

Date

Parent's signature

Date

Physical Education Personal Fitness Information

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.

Personal Fitness introduces the five health related components of fitness. Students will learn to recognize, evaluate, and develop these components. They include flexibility, cardiovascular endurance, muscle strength, muscle endurance, and body composition. Students will also study principles of training, nutritional fitness, the muscular and skeletal systems, and will develop their own personal fitness plan and goals.

Students enrolled in personal fitness should become informed, independent decision makers capable of planning for enjoyable lifetime fitness and physical activity while, at the same time, achieving personal fitness and activity goals for the present.

Movement Activities	<ul style="list-style-type: none"> • Aerobic activities • Jogging • Dancing • Fitness Gram Test <p style="text-align: right;">Weight Lifting</p>
Physical Activity & Health	<ul style="list-style-type: none"> • Evaluate health related fitness components & set goals • Train for improvement of health related fitness components • Performance limitations caused by substance abuse • Risk of injury/injury prevention • Follow safety procedures • Recognize health related benefits of an active lifestyles • Develop a personal fitness program • Improve cardiovascular health and low/mid/upper body strength
Social Development	<ul style="list-style-type: none"> • Participate in regular and consistent exercise • Proper PE attire • Set goals (individual) • Understand cardiovascular benefits • Understand resting heart rate, target heart rate zone • History of sport(s) • Socially appropriate behavior • Practice socially appropriate behavior as an individual

Physical Education Individual Sports Information

In Physical Education, students acquire movement knowledge and skills that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.

Students in Individual Sports are expected to participate in a wide range of individual sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of individual sport activities that are enjoyable is a major objective of this course.

General requirements. The recommended prerequisite for this course is Foundations of Personal Fitness.

Movement Activities	<ul style="list-style-type: none"> • Badminton • Golf • Pickleball/Ping-Pong • Weight Training <ul style="list-style-type: none"> • Bowling • Disc Golf • Tennis • Track and Field
Physical Activity & Health	<ul style="list-style-type: none"> • Individual sport options • Evaluate health related fitness components & set goals • Train for improvement of health related fitness components • Performance limitations caused by substance abuse • Risk of injury/injury prevention • Follow safety procedures • Recognize health related benefits of individual sports
Social Development	<ul style="list-style-type: none"> • Participate regularly in individual sports • Proper PE attire • Set goals (individual) • Sportsmanship (individual etiquette) • Perform officiating skills • Respect officials decisions • History of sport(s) • Socially appropriate behavior • Practice socially appropriate behavior as an individual

Physical Education Team Sports Information

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.

Students enrolled in Team Sports are expected to develop health-related fitness and an appreciation for team work and fair play. Like the other high school physical education courses, Team Sports is less concerned with the acquisition of physical fitness during the course than reinforcing the concept of incorporating physical activity into a lifestyle beyond high school.

General requirements: The recommended prerequisite for this course is Foundations of Personal Fitness.

Movement Activities	<ul style="list-style-type: none"> • Basketball • Flag Football • Team Handball • Ultimate Frisbee 	<ul style="list-style-type: none"> Volleyball Softball Kick Ball Soccer
Physical Activity & Health	<ul style="list-style-type: none"> • Team Sport options • Evaluate Health related fitness components & set goals • Train for improvement of the health related fitness components • Performance limitations caused by substance abuse • Risk of injury/injury prevention • Follow safety procedures • Recognize health related benefits of team sports 	
Social Development	<ul style="list-style-type: none"> • Participate regularly in individual sports • Proper PE attire • Set goals (individual) • Sportsmanship (individual etiquette) • Perform officiating skills • Respect officials decisions • History of sport(s) • Socially appropriate behavior • Practice socially appropriate behavior as an individual 	