

LUTHERAN HIGH SCHOOL OF KANSAS CITY

GIRL'S PHYSICAL EDUCATION SYLLABUS

H Block

Class times: M- 11:18-3:00, W- 7:45-3:00, F-7: 45-3:00

Instructor: Mrs. Jonelle Hizer, B.A.-Biological Sciences, M.S.-Education

E-mail: jhizer@lhskc.com

Phone: (816) 241-5478

Plan time: F block and B block

Course Description: In Girl's Physical Education class, physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various activities we will learn how to incorporate physical activity in their daily lives, as well as promoting the importance of maintaining physical fitness.

Methods: The methods of physical education students will be engaging in are:

- Group activities: basketball, volleyball, nerf dodge ball, softball, etc.
- Individual activities: yoga, zumba, line dancing, cardio kickboxing, etc.
- Outside of school activities: bowling, tennis, etc.

Expectations for class conduct

- Be prepared for class: dressed out
- Respect yourself and others: no verbal putdowns or disruptions tolerated, respect the property of others
- Listen to directions
- Follow school handbook
- Respect and appropriate behavior shown toward instructor
- Change clothes in bathroom by gym, leave nothing behind, everything needs to go in your gym bag/backpack. Bring your gym bag with you to the gym, Monday mat room, or outside, depending on activity.
- Mondays meet at the mat room in the south hall, Wednesdays and Fridays meet in the gym. From there we will either stay in the gym or head outside.
- Dress out daily: Gym attire needs to be athletic wear i.e. Work out Shorts (appropriate length), capris or pants, workout shirts (sleeved or can be sleeveless but must cover your bra and stomach-no midriffs,) closed toed and backed athletic tennis shoes, and socks.
- No cell phones, headphones, make-up, gum, or food or drink (except water): if your cell phone is visible or audible it becomes mine until the end of the block. If this becomes an excessive issue, other disciplinary measures will be put into place. Cell phones and all your supplies/clothes need to be zipped up in your gym bag/backpack and not visible. You may have your water bottle outside of your bag to hydrate.
- Sickness/injuries: A note is required from your parent if you are injured or something prevents you from participating in physical education class. You will still be required to come to class and do what you can. If this happens more than 3 times a semester, physical education assignments will be assigned to makeup points missed. In addition, if you are absent more than 3 times a semester, you will be assigned work to makeup points missed.

Participation Expectations:

- Full participation for the ENTIRE class is required to earn the day's participation points.
- Once the late bell has rung you have five-six minutes to get dressed. No loitering or wasting time. If you are still dressing out while I am taking attendance or have started the activity for the day, you will lose points.
- Students are expected to have a positive attitude throughout the entire class.
- Students are expected to give their PERSONAL BEST effort during all activities.

Consequences for poor behavior/bad choices/not participating/not dressing out

- 1st- Light warning: this could be verbal, look
- 2nd- Major warning: this could be conference, note, verbal
- Parental/Guardian contact: this could be phone call, e-mail
- Detention: after parent has been contacted students will be subject to detention for same offense
- Referral to Disciplinarian and Parental contact
- Students may be immediately referred to Disciplinarian if they do not heed warning and there is a constant disruption to the learning process.
- Not participating or dressing out will negatively impact your grade

Advantages for good behavior/good choices/participating in activities

- Respect from instructor and peers- this is a great thing! You must give respect to earn respect
- Good grades- and even better, finishing this course with an appreciation for physical education
- Awards
- Parental/Guardian contact: acknowledging excellence, this could be phone call, e-mail

Evaluation- "H-TEAM" (Hizer's H Block TEAM)- 45 possible pts. daily

- "H"- Full Hour/block's worth of participation (10 pts.)
- "T"- Tardies- lose points for not being ready to start on time (5pts)
- "E"-Energy level/effort: giving your PERSONAL BEST effort (10 pts.)
- "A"- Attitude: Positive attitude during the activities, good sportsmanship (10pt)
- "M"- Materials: Dressed out in appropriate athletic wear (10 pts.)

Required Dress out clothes for Girls PE

- Work out shorts (appropriate length), capris or pants
- Workout shirts (sleeved or can be sleeveless but must cover your bra and stomach- no midriffs,)
- Closed toed and backed athletic tennis shoes
- Socks
- Gym bag to store clothes, cell phones, etc. (cell phones will be kept in bag, not out!)

Parent and Student Signatures:

This syllabus is for students and parents to keep for reference. Feel free to contact me anytime (note that I may not be able to answer e-mails/calls during instruction time, but will get back to you ASAP). A parental and student signature is required to acknowledge you have reviewed the policies. Below is the signature form.

Class name: Girl's Physical Education Block: H

I have read and understand the syllabus for Mrs. Hizer's Girl's PE class. I agree to follow the rules and guidelines that have been established in each of the following areas:
(Please check)

- ☐ Dress code
- ☐ Participation entire class
- ☐ Be on time, dressed out ready to go, or lose points
- ☐ Positive attitude/good sportsmanship
- ☐ Effort/energy level- giving your PERSONAL BEST effort

Student name: _____

Student signature: _____

Parent(s) name: _____

Parent(s) signature: _____

Date: _____