**GIRL’S PHYSICAL EDUCATION SYLLABUS** **2019-2020**

**The Lutheran High School of Kansas City**

H Block

Class times: M- 2:01-3:00, W- 1:32-3:00, F-1:35-3:00

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

E-mail: [jhizer@lhskc.com](mailto:jhizer@lhskc.com)

Phone: (816) 241-5478

Plan time: A 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, handball, floor hockey, badminton, tennis, golf, kickball, flag football, etc.
* Individual activities: yoga, zumba, dance, cardio kickboxing, weight lifting, fitness programs, end of the year fitness tests, etc.
* Outside of school activities: bowling, tennis, golf, 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 in a room in the auditorium, outside, or in the weight room, (depending on the unit). 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**, 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. Do not bring them with you to the gym or workout room! If it is out and I see it, I will turn it into the office. If you need to know the time, please wear a watch.** You may have your water bottle outside of your bag to hydrate.
* Sickness/injuries: A note is required from your parent and/or doctor 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 quarter, physical education assignments will be assigned to makeup points missed. In addition, if you are absent more than 3 times a quarter, you will be assigned alternate 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 and not present in the room/gym 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 fully 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
* 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 P.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
* Socks
* Gym bag to store clothes, cell phones, etc. **(cell phones will be kept in bag, not out!)**

**Calendar:**

The following are units and activities we will be participating in during P.E. this year. \*Please note that the teacher may adjust these activities at any time.

**First semester:**

Week of Aug 19th- Mat Monday- meet in auditorium

Wednesday/Friday- volleyball unit

Week of Aug 26th- Mat Monday- meet in auditorium

Wednesday/Friday- volleyball unit

Week of Sept 2nd - No school on Monday

Wednesday/Friday- Tennis unit (go to tennis courts at Minor Park)

Week of Sept 9th- Mat Monday- meet in auditorium

Wednesday/Friday- Tennis unit (go to tennis courts at Minor Park)

Week of Sept 16th- No school on Monday

Wednesday – Tennis unit, Friday- Health day in Mrs. Hizer’s room (no dress out)

Week of Sept 23rd - Mat Monday- meet in auditorium

Wednesday/Friday- Soccer unit

Week of Sept 30th - Mat Monday- meet in auditorium

Wednesday/Friday- soccer unit- soccer unit test

Week of Oct 7th- Mat Monday- meet in auditorium

Wednesday-kickball, Friday- Health day in Mrs. Hizer’s room (no dress out)

Week of Oct 14th- Mat Monday- meet in Weight room

Wednesday-kickball, Friday- Health day in Mrs. Hizer’s room (no dress out)

Week of Oct 21st - Mat Monday- meet in Weight room

Wednesday/Friday- badminton unit

Week of Oct 28th- Mat Monday- meet in Weight room

Wednesday/Friday- pickleball unit

Week of Nov 4th- Mat Monday- meet in Weight room

Wednesday/Friday- speed ball unit

Week of Nov 11th- Mat Monday- meet in Weight room

Wednesday – Crossfit activities, Friday-Health day (meet in Hizer’s classroom)

Week of Nov 18th- Mat Monday- meet in Weight room

Wednesday/Friday- basketball unit

Week of Nov 25th- Mat Monday- meet in Weight room (follow Wed schedule)

Wednesday/Friday- No school for Thanksgiving break

Week of Dec 2nd - Mat Monday- meet in Weight room

Wednesday/Friday- basketball unit

Week of Dec 9th - Mat Monday- meet in Weight room

Wednesday/Friday- basketball unit

Week of Dec 16th - Monday- Health day (meet in Hizer’s classroom)

Wednesday -Finals- no P.E. class, Friday-No school, Christmas break

**Second semester:**

Week of Jan 27th – Mat Monday- meet in auditorium

Wednesday/Friday- floor hockey

Week of Feb 3rd - Mat Monday- meet in auditorium

Wednesday/Friday- bowling unit (travel to local bowling alley)

Week of Feb 10th - Mat Monday- meet in auditorium

Wednesday - bowling unit (travel to local bowling alley), No school on Friday

Week of Feb 17th- No school on Monday for President’s Day

Wednesday/Friday- bowling unit (travel to local bowling alley)

Week of Feb 24th - Mat Monday- - meet in auditorium

Wednesday/Friday- handball unit

Week of March 2nd - Mat Monday- meet in auditorium

Wednesday/Friday-handball unit

Week of March 9th - Mat Monday- meet in auditorium

Wednesday- four square, Friday- Health day (meet in Hizer’s classroom)

Week of March 16th- No school- Spring break

Week of March 23rd – Monday- No School- Student help day

Wednesday/Friday- golf unit (set up own mini golf course)

Week of March 30th - Mat Monday- meet in weight room

Wednesday/Friday- Golf unit

Week of April 6th - Mat Monday- meet in weight room

Wednesday- golf unit (field trip to local driving range), No school on Good Friday

Week of April 13th- No School on Easter Monday

Wednesday- golf unit (field trip to Top Golf), Friday- Set up gym for auction/Health day

Week of April 20th- Mat Monday- meet in weight room

Wednesday/Friday- Softball/ragball

Week of April 27th - Mat Monday- meet in weight room

Wednesday- softball/ragball, Friday- Health day (meet in Hizer’s classroom)

Week of May 4th- Mat Monday- meet in weight room

Wednesday/Friday- teacher’s choice: dodgeball, speedball, gagaball, bear/mosquito/fish

Week of May 11th- Mat Monday- meet in weight room

Wednesday/Friday- end of the year fitness testing/Crossfit

Week of May 18th- Monday- meet in weight room (last day of P.E.)

Wednesday/Friday- Finals- No P.E. class

**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 P.E. 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I also give permission for my child to ride with either another student driver or Mrs. Hizer to and from various locations (such as a local bowling alley, tennis courts, golf driving range, Top Golf, etc) throughout the school year during the P.E. class block.

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_