



Every Student...Every Teacher...Every Day..Everywhere

Ankeny Centennial Physical Education Syllabus

*****Please review the sections that are not shaded and refer to the last page for our current updates due to COVID.**

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Ankeny Physical Education Mission Statement

Through a comprehensive program students will develop physical literacy in order to engage in a healthy and active lifestyle

Philosophy

Recognizing that each student is unique, the ACHS Physical Education Program provides for the varying needs of students through a student-centered curriculum that provides a variety of choices of physical activities. The variety of activities creates opportunities for exposure to various lifetime activities and sports. Each student will have the opportunity to experience personal accomplishments, enhance their self-image, and develop desirable social skills and practices that lead to the growth and development of good citizens. The curriculum is designed to promote the development of physical and mental health in addition to providing students with the knowledge and skills that lead to personal wellness. ACHS Physical Education emphasizes the importance of establishing and maintaining personal fitness levels, improving interpersonal skills, and encouraging physical activity over a lifetime.

We believe that a Jaguar...

- Cares first for others
- Respects the diverse natures and opinions of their peers and their teachers
 - Pursues excellence through hard work
- Creates a welcoming environment so every person feels valued and important
- Brings honor to themselves and their school through character and integrity
 - Collaborates with peers to accomplish common goals



Course Standards

- Standard 1** Students will demonstrate competency in a variety of motor skills and movement patterns.
- Standard 2** Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3** Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4** Students will exhibit responsible personal and social behavior that respects self and others
- Standard 5** Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Schedule:

- Students will have physical education class every other day with the exception of Early Bird PE and Advanced Strength & Conditioning. Grades 10-12 are combined for classes.

Uniforms/Equipment:

- All students wear an Ankeny physical education (may be purchased at Walgreens or Strawberry Patch) shirt and shorts, SOCKS, and tennis shoes
- **Shoelaces must be tied in a safe, appropriate manner (laced tightly with bows on top). First and last name only, on uniform.**
- Sweat pants & sweatshirts will be available to order at various times throughout the school year.
- Only required uniforms can be worn. No clothes under or over uniforms.
- Students will be required to wear a borrowed uniform until another uniform can be purchased if instructor deems uniform inappropriate (holes, tears, graffiti, drawings or anything other than first & last name).
- Uniforms should be laundered frequently!
- DO NOT wear someone else's uniform.
- If a student forgets uniform they are required to borrow a uniform. Need to see a locker room teacher **as soon as they get into the locker room** and leave collateral with that teacher. If a teacher is not in the locker room go find one right away. Do NOT report to class not dressed out and in need of a uniform when class is starting. Students need to return borrowed items as soon as possible after activity. **Do not wait until the bell rings.**
- Only school issued equipment is allowed for safety purposes.

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Jewelry:

- Wearing jewelry during class is not recommended because of the risk of it getting broken, lost, or causing injury. Bring a container for your jewelry and lock it in your locker.

Locker room:

- **Locker rooms will be locked when the tardy bell rings. Students will need to make up class the next day.**
- Read the whiteboard inside the locker room for instructions for class. If there isn't anything on the board, dress out and report to wherever you reported to the last time you had class!
- Do not bring glass into the locker room.
- **Personal belongings should be locked up.** All students are issued a padlock and a locker. Use your lock! **If you misplace your lock, check with a teacher in your locker room to see if it is in the lock lost and found.** You should **ALWAYS** double check to make sure all possessions are in your locker and **the padlock is locked.**
- Students must use a school-issued lock only and must use the locker that is issued to them, not one of the big lockers. Students may use a big locker near their issued locker only during their PE class.

Cell phones:

- It is against Iowa Law (H.F. 561) to use or possess cell phones in bathrooms or locker rooms. Use or possession of a cell phone in those locations could result in criminal charges under this law. **Students are not allowed to bring cell phones to class.**

After class:

- Students will have 5 minutes to dress at the end of class. Students must wait in the PE hallway or cafeteria until the bell rings.

Doctor's notes, school nurse notes, notes from home:

- All doctor, school nurse notes, and notes from home are considered absences from participating in class. Students will either do an alternative assessment or will need to make up class to be assessed.
- Notes from home should accompany a student if unable to participate that day and are only good for 1 week. Days would still need made up.

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- A doctor's note that states the student's needs to refrain from participation for two weeks or longer is considered a chronic illness or injury. An alternative assessment will be given. **PLEASE ASK DOCTORS TO INCLUDE WHAT YOU CAN DO.**
- All doctor's notes should be given to the school nurse prior to attending class. The nurse will document and notify the PE teacher of the length of the absence. Alternative activities will be provided for students with minor injuries or illnesses.

Attendance:

- Students have three minutes after the bell to get dressed and be where they need to be for roll call.
- With the exception of school-related absences, students' absent from class for appointments or illness will need to make-up class in order to be assessed. It is the student's responsibility to arrange a makeup time with their instructor.
- Make-ups can be completed by participating in a PE class, 5 miles on a bike or 2 miles on a treadmill. Make-ups should match the class/unit you are in for full assessment of standards.
- Hard deadlines will be at the 6-week, 12-week, and 18-week mark.

Unexcused make-up:

- You must participate in a PE class and meet the requirements of your teacher.

Process for making up class:

- **Get a green make-up slip from YOUR PE teacher before class to make sure there is room in make-up class. YOU fill it out. If you are in a study hall or the learning center, that teacher needs to sign the bottom of the slip to dismiss you from study hall or the learning center to come to PE. **If you have open campus, you still need to have a green slip to enable your teacher to keep track of makeups.****
- You must makeup class assessments OUTSIDE of your normal PE class time.
- May make up class during seminar. See your teacher for a seminar pass.
- You may participate with another PE class to be assessed but should try to attend the same type of class.

How students will be graded:

- A 0-100 percent scale will be utilized at the secondary level in the Ankeny Community School District.
- When a rubric is converted to a letter grade, the 0-100 percent scale will be employed.
- 18 week grade will be 90% of final grade
- Semester exam will be 10% of final grade

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Grading Scale for Non-weighted Classes:

- Letter Grade: A
- Minimum Percent: 92.5

- Letter Grade: A-
- Minimum Percent: 89.5

- Letter Grade: B+
- Minimum Percent: 86.5

- Letter Grade: B
- Minimum Percent: 82.5

- Letter Grade: B-
- Minimum Percent: 79.5

- Letter Grade: C+
- Minimum Percent: 76.5

- Letter Grade: C
- Minimum Percent: 72.5

- Letter Grade: C-
- Minimum Percent: 69.5

- Letter Grade: D+
- Minimum Percent: 66.5

- Letter Grade: D
- Minimum Percent: 62.5

- Letter Grade: D-
- Minimum Percent: 59.5

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- **Letter Grade:** F
- **Minimum Percent:** 59 and below

Guiding Practices:

- Multiple and Varied Assessment Opportunities (including Retakes)
- All students should have multiple assessment opportunities to demonstrate higher levels of achievement. The opportunities may be initiated by the instructor or the student, but always at the instructor's discretion.
- Additional opportunities may include retakes of an alternate form of an assessment (e.g., Form B instead of Form A), student revisions of work products based on descriptive feedback, or alternative methods of assessments (e.g., an oral response rather than a written test).

Guidelines for retakes include the following:

- Students will be provided the opportunity to be reassessed (i.e., retakes and homework).
- Teachers determine appropriateness and authentic need for reassessments.
- Generally, reassessments will be limited to one retake per assessment. Additional reassessments will be provided at the discretion of the teacher.
- Retakes will be taken within a reasonable time frame that the teacher determines and informs students of in advance.

Homework / Independent Practice:

Homework is an opportunity for students to practice skills, apply knowledge, review and build on past learning, and extend learning. Homework is individualized and based on each student's progress towards established standards. The purpose of the assignment will determine whether or not a grade is given and will be clearly articulated to students. Through independent learning tasks (homework), students assume more responsibility for their learning and are given opportunities to apply what they have learned to new situations or experiences.

Extra Credit and Bonus Points:

To ensure that grades reflect progress toward and achievement of the standards, giving extra credit points or bonus points will not occur in this class.

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Behavioral Expectations:

The vision of the Ankeny Community Schools is that behavior will be reported separately from academic achievement.

Behavior expectations for this course:

Formative and Summative Assessment Definitions:

Formative Assessment: Formal and informal processes teachers and students use to gather evidence for the purpose of improving learning.

Summative Assessment: Assessments that provide evidence of student achievement for the purpose of making a judgment about student competence or program effectiveness.

Behavioral Expectations

The work habits/behavior standards are for grades 6-12 courses in our district. These work habits/behavior standards will be reported throughout the semester and are as follows:

- Organization and Readiness
- Productivity and Accountability
- Collaboration Skills

For those of you accessing this document electronically, the work habits tool can be accessed [here](#). We will be using the following performance levels:

Performance Levels for Work Habits/Behavior Standards:

MS = Meets Standard

PM = Partially Meets Standard

DM = Doesn't Meet Standard

NE = No Evidence

These descriptors are intended for feedback and communication and do not impact a student's GPA.

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****Temporary changes due to Covid****

Dress

Dress in appropriate clothing for being active and also for the weather.

- tennis shoes
- shorts and shirts at a length that is appropriate so when active your body is not exposed
Ex. equal in appearance to our PE uniform

Locker Rooms

- There will be NO ACCESS to locker rooms so dress for class.

Make-ups

- If a student is absent from class they should see their individual teacher to get access to a variety of activities that can be used to make up class outside of the school day.
- Hard deadlines for make ups are before the 6 week, 12 week and 18 week grading period.

Masks

- Masks need to be worn at all times when indoors
- When outside masks will need to be used when NOT social distancing or at a teacher's discretion.
- Clean masks daily.

Equipment

Due to Covid there will be increased expectations for students related to helping with sanitation.

Cell Phones

Cell phones should be kept in students' bags unless they are being used in class as directed by the teacher for learning purposes. Cell phones will be used if students need to check-in and checkout of class.

****Due to water fountains not being accessible please bring a water bottle for individualized use in class.**

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