

# Physical Education Fall Syllabus 2019

"Where EXCELLENCE is a tradition"

<b>Course: Physical Education</b>	<b>Instructor Name:</b> Bridget Matranga		
Semester	FALL 2019	Email	bmatrang@houstonisd.org
Cycles	1, 2 and 3	Conference Period	A2-9:30-11:05am

**Course Description/Objectives:** The course curriculum will provide students with the opportunity to practice and develop the skills necessary to maintain a healthy lifestyle. Our goal is to introduce our students to different individual and team sports in a structured, fun and safe environment. The students will learn and develop flexibility, agility, strength, endurance, coordination, speed, balance, cardiovascular (aerobic capacity) efficiency and muscular development through our curriculum. The students will also be taught health and nutrition to complement their physically active lifestyle. We offer the following courses: *Foundations of Personal Fitness, Adventure/Outdoor Education, Aerobic Activities, Individual Sports, and Team Sports.*

\*\*High School students are required to take one full year of Physical Education. (2 semesters)

RULES OF THE CLASS
<ol style="list-style-type: none"><li>1. Be Respectful.</li><li>2. Be Prepared and Participate.</li><li>3. No Food, Drinks, Gum, Candy in class.</li><li>4. Follow all class procedures.</li><li>5. Have a good attitude.</li></ol>
GRADING
<p>**please see Grading Rubric for ALL details.</p> <ol style="list-style-type: none"><li>1. PARTICIPATION: 70%</li><li>2. FOLDER/HOMEWORK: 15%</li><li>3. ASSESSMENTS: 15%</li><li>4. FINAL EXAM</li></ol>
CONDUCT/REFERRALS
<p>**Students conduct will start with an E as a default. Any violation of class rules will result in a change to an S , P, or U in conduct.</p> <p><b>Level I Offenses:</b> disrupting the learning process, not following the procedures of the class, off task, talking out of turn, disrespect to the coach or other students. Arguing when asked to do something, chewing gum, leaving class early.</p> <p>1st offense: Verbal Warning from teacher 2nd offense: Fill out referral for teacher records, parent contact. 3rd offense: Conduct drop, office referral</p> <p><b>**Repeated LEVEL I offenses will result in an office referral, and may lead to removal from class.</b></p>
THINGS YOU WILL NEED FOR THE CLASS:

1. PE Uniform Shorts-SOLID BLACK OR NAVY KNEE LENGTH SHORTS OR PANTS ONLY.
2. PE Uniform Shirt ONLY. (no other shirt will be accepted for class). (12th graders may wear a class approved or club approved T-shirt ONLY, no nike, adidas, etc).
3. Non-Skid Athletic Shoes. (No slip-on shoes, no flats, vans, sperry's, sandals, heels, or boots).
4. Three brad Folder ONLY, not previously damaged.
5. Hair Ties for those who need them, to pull your hair back during class.
6. Deodorant/Socks/Towel for Shower if needed.
7. Lock for Locker Use-\*\*You must give the coaches your locker number and combination the first week of school. (please store this combination in a safe place).
8. No hoodies.
9. Long fingernails are not advised due to safety.
10. No jewelry.

**HEALTH NOTE:** (Uniforms must be taken home after each class to be washed, and keep deodorant and other hygienic items in lockers).

## FALL SEMESTER UNITS

**INTRODUCTION/PROCEDURES/RULES OF THE CLASS:** students will learn all procedures of the class, safety policies, mile runs, cheating policies, grading/ conduct, first aid, etc. A Waiver must be signed before use of equipment.

**FITNESS:** students will learn the 5 components of fitness, the benefits of exercise, a proper warm up, Cool-down, Cardiovascular and muscular endurance, calisthenics, injury prevention exercises, plyometrics. In all exercises proper form will be addressed not only for injury prevention, but to maximize the exercise benefit.

**MILE RUNS:** students will learn the basics of running, the form, breathing techniques, proper attire, and pacing. this will assess cardiovascular endurance and be used for the fitness gram test. All students are required to run a mile weekly and eventually without any walking.

**WEIGHT TRAINING:** students will learn the basics of weight training, the different kinds of machines, free weights, sets, reps, correct form, weight training etiquette, different kinds of weight training.

**CARDIO EQUIPMENT:** students will learn about the various cardio equipment we have in the fitness center, the correct form, how to check calories, increase intensity, and how to use them safely.

### TEAM SPORTS: BASKETBALL, ULTIMATE FRISBEE, FLOOR HOCKEY, FLAG FOOTBALL

students will learn the history of each sport, the skills required to play, the rules, offense and defense strategies of each sport.

### CHARACTER BUILDING:

respect, good sportsmanship, integrity, communication, teamwork, and many more.

### TECHNOLOGY

**\*\*All technology use is subject to HISD technology guidelines and procedures. Any violation will result in proper actions.**

**THE HISD HUB:** Students will find documents, unit material, announcements, weekly objectives, videos and many other resources to make learning fun and efficient.

**HISD LAPTOPS:** we will occasionally need it also to enrich lessons throughout the semester. Students will be responsibly to bring their laptop fully charged.

**CELL PHONES:** Students are recommended to use their phone during the mile run. The most common app used is Nike Running app, please download to your phone. Any editing or changes to the mile time will be considered cheating and must adhere to school and district cheating policy. Sometimes cell phones are used in class for assignments. \*You will need to use certain apps for this class. Please ask permission from your parents for downloading, if you are out of space on your phone, you still must download the app.

**Taking photos or videos, first ask for permission:** Proper use of media include: using photos or video to correct exercise form, sport technique, or record games for team review purposes. \*Media may not be used to record testing material or to belittle students, make fun of students, or post on social media (Facebook, twitter, etc.).

## **SAFETY: GYM AND PLAYING AREAS/EXERCISE EQUIPMENT/DRILLS/ HIKING SAFETY**

Playing area: ensure the court is clear of items including pens/pencils, folders, paper, etc. Students must adhere to the class rules in regards to use of equipment during class, lunch and after school clubs.

Hiking: During the semester we will walk, as a class, to a park nearby to meet the Sports Outdoors hiking TEKS' objective. We will need to cross Pressler Street, which requires students to be very attentive when crossing the street as a group.

Exercise Equipment: All exercise equipment is available for use after the waiver has been signed by the parent(s). The signed portion of the waiver is to be turned into the coach and the waiver kept in your folder. (Students who do not turn this in by the second week of school will not be able to use the equipment).

Equipment Safety: during games, no hanging on basketball goals, no misuse of weight equipment or treadmills.

## **SCHOOL SAFETY PROCEDURES**

**FIRE DRILL:** During a fire drill all students are STOP immediately and move to Stairwell C. (you will line up in roll call order on the yellow line!!!). If you are playing basketball, volleyball, etc. you will stop playing, drop the ball and line up IMMEDIATELY. There will be a leader at the front and the back once I signal to head downstairs, we will all (while not talking at all) we will all go down the stairwells to the 1st floor, exit to the right and line up in designated place for roll call check. We will line up in our roll call places in between the two trees. There will be no talking until we are back in the gym for class. (at that time, we will go back to our regularly scheduled day and have our 5-7 minute warm up time/dress out time).

**LOCK DOWN DRILL:** During a Lockdown drill, Each Class will report to the STORAGE SPACE ROOM if we are using the fitness center at that time. If in the gym, we will stop and go into the GIRL'S LOCKER ROOM. We will move quietly there and sit away from the doors, no cell phone use, no talking, and wait quietly until we are dismissed.

**FIRST AID:** Ice packs can be found in the refrigerator in the gym in the freezer. Please put back after use and rinse for hygiene purposes. Bandaids can also be found in the same area in a box.

**AED:** the aed device can be found in the hallway next to stairwell B.

## **CLASS PROCEDURES**

1. **ENTER THE CLASS:** Students are to come to class on time, and report directly to the locker rooms to dress out/not play first. Students will have 5 minutes to get to class. Coming into the class after the tardy bell will result in a tardy. The 1st tardy you will do 15-20 pushups. The 2nd tardy and so on, you will report to the front office to get a pass to enter the gym.
2. **WARM UP/DRESS OUT:** You will have 7 minutes to get dressed in your PE uniform, use the RR, prepare your folder, and/or cell phone for a mile run. (the clock will be counting down) a class time manager will be designated to set the clock.

3. **BUZZER:** When you hear the buzzer at the end of the 7 minutes, immediately put the balls away in the proper place and go straight to your roll call places. If this is not followed, the entire class will face the consequence the following class (no one will get the balls out during the warm up time).
4. **ROLL CALL:** You must go to your assigned roll call spot right after the buzzer, failure to be in roll call places will result in a tardy. After your 3rd tardy, a detention and conduct cut will be issued. detention on the 3rd tardy.
5. **TRANSITION TO GYM OR FITNESS CENTER:** \*After Roll Call, Students will see the class calendar to see which class is inside the gym first or 2nd. We share the pace with Coach Villatoro's class, we will divide our class time up to the very minute. I will need you to transition quickly and not linger in the gym at roll call. No going back into the locker rooms after roll call. a warm up and wait for instructions for the day. \*Students are to stay with their assigned coach's class, and fully participate in class activities.
6. **CLASS TIME:** we will either be in the gym playing tournaments or doing fitness activities. Students are responsible to follow the plan for the day. **GYM TIME-** students will either be practicing skills for their games, planning game strategies or playing/ Students are responsible for knowing their team, and their game times. **FITNESS CENTER-** When in the fitness center, students will be assigned a partner and a workout plan for the week.
7. **DRESS BACK OUT:** Ten minutes before the bell rings for class to end, students will be released to the locker room to dress back out for class. Students are to wait near the bleachers behind the white basketball court line until the bell rings. (No hanging in the stairwells or leaving the gym. Students will be given an office referral for skipping class. Students are not allowed to be in the locker rooms during class time.
8. Your time to get water is before you go into the locker rooms to dress out, after dressing out, you will not be able to go back to the fitness center or in the hallways to get water.

**NOTE: you are required to dress back out into your school uniform after PE class for all class periods.**

**\*\*PA SYSTEM:** When you hear the PA system, you must stop and listen for the announcements.

**A1/B1-** you must listen for the pledge, stop playing, bouncing balls, remain quiet until after the moment of silence and any announcements.

**ATTENTION A4!!** You are required to wait on the bleachers by coach's offices and not by the exits. You must also listen for all PA announcements.

**EARLY DISMISSAL DAYS/SCHOOL WIDE ACTIVITY DAYS, ETC:** Since PE classes are a mixed grade level course, on these days we will always go to 1st lunch and then report to class (this is for all grade levels: even if your grade is designated for 2nd lunch) if you have PE for the class period, you will go to 1st lunch).

**GYM USE:** students are only allowed in the gym during their assigned gym period. Students will be allowed the use of the gym after school hours (3:30pm) with a present adult and a waiver on file with the adult sponsor. Students not accompanied by an adult will be asked to leave the gym. No Gym use before school begins. (7:45am) Only Students enrolled in the class are allowed in the gym during classes, this is especially students during passing periods, 1st period and 3rd period, transitioning from lunch).

**LUNCH GYM USE:** five minutes before the lunch bell rings the buzzer will ring and students are to put equipment back and leave the gym.

**LOCKER ROOMS:** Students are to adhere to the Locker Room rules.

1. Keep them Clean.
2. Place bags and laptops in designated areas not in front of the lockers (keep them against the walls).
3. **Lock up valuables.**
4. Report locker number and combination to coach's ASAP.
5. Keep noise level down/No Horseplay
6. Respect others space and belongings.

## 7. No bullying.

**LEAVING THE GYM:** You will be allowed three chances to leave the gym to go to your locker, etc. You will sign out on sign out sheet, and take the pass in coach Matranga's office.

## INJURIES/ILLNESS POLICIES

When a student is ill during class, a parent note is required for a student to not participate for that day. You will be given an alternate assignment.

(you will be sent to the library to..1. write a one-page essay on a health/pe topic of your choice and email it to the coach by the end of that class period). 2. assist coach in managing class.

\*\*Not running the mile run on assigned day due to illness will also be for the Unit/Sport we are playing.

**Long Term Illness Policy:** broken bone, surgery, major injury, etc. (Student will be given a research paper to work on and will have regular bench marks to reach each class they are off). If a student is physically unable to participate due to a temporary illness or a long-term injury or illness, they will be assigned an alternate assignment by the Coach and sent to the library for class. Students will not be given credit for the class period until the assignment. Students will be sent to the library during class.

**Note on Asthma:** this is very serious and must not be taken lightly, you must have your inhaler in class and in the nurse's office, and all required doctor's exams and documentation must be present at Debakey with the nurse and coach. \*\*Students who have preexisting conditions such as asthma must notify their coach and school nurse ASAP, have their inhaler in class and in the nurse's office, and all required doctor's exams and documentation must be present at Debakey with the nurse and coach. Modifications will be decided between the coach and student based on the students' needs.

## GYM USE/FITNESS CENTER

The Coach's will split the class time use of the gym and fitness center. *The Coach's name found on the week of the calendar will be which class uses the gym first.*

\*\*Gymnastics Equipment is not for PE Use and students are to stay off it during class time.

-Waivers will be signed for class use only, not for after school participation. See Club for details. Use of the Fitness Center is off limits during lunch, before school or after school unless with the Workout Club Sponsor on the designated days.

## STUDENT MANAGERS

Senior Students- will be assigned Managers of the class. it is important you understand your position because this will affect your Folder Grade.

9th-11th grade students will also be given Management Positions and will be calculated in their Participation Portion of their grade. (50%)

## CHAMPIONSHIP PASSES

\*\*When we begin a Unit, there will be a practice day/skills practice and then our actual games will begin to count towards the tournament. Each student will be placed on a usually co ed team. Once we begin playing actual games, the scores will be recorded (by the team managers) each win goes towards your total score. On the 6th day of playing tournaments, the game managers will tally up all the wins of each team for the unit. The 4 teams will be placed in 1st-4th place. Since we will be playing a round robin tournament bracket, the semifinal game will consist of the 1st place team playing the 4th place team and the 2nd place and 3rd place teams playing each other. The two winners out of those two games will play each other for the Final Tournament of the Unit. We will have a "Semi-Final Game" If there are 4 teams total. If time allows on Day 7 of the Unit, we will also have a 3rd place game and even a 4th if there

are multiple teams.

**\*\*When winning a Tournament, your team will get a championship pass, you may use this pass for the following:**

1. to go to the library for the class period (you must check in to class for roll call and then I will sign the pass to go to the library).
2. to replace a grade (i.e. folder, not dressing out).
3. to replace 200 calorie makeup assignments.
4. a mile run (only when the coach approves for the mile run pass).

**MILE RUNS**

We will run a total of 13 miles per semester. Each week of the semester we will run one mile. Students are required to meet the fitnessgram standards. We will work together to make this a reality for every student. If a student finishes all 13 miles before Thanksgiving, they will be exempt from the 15 minute jog in December for the final exam.

**Homework/Out of School Activities/Community Involvement (Folder Grade)**

**Homework:** Students will be given Homework periodically. It may be to run a mile to work on your cardiovascular endurance goals, watch a video over the sport we are learning, a folder assignment, or any other lesson enhancements. You are encouraged to engage in physical activities after school or weekend events in their community to help reach cycle and semester fitness goals and promote physical activity to family members. Some of the homework assigned will be on the HUB and all late grade policies apply.

**Community Involvement:** Running: 5K's, 10K's, \*Google the events and get involved with your classmates and/or family/community. Upon Coach's approval, you may be eligible to participate in a local run for mile run credit.

**ASSESSMENTS/EXEMPTIONS**

\*\*Pre tests will be given periodically to assess prior knowledge.

**Cycle 1:** Procedures test and Cycle 1 Assessment, Assessments over weight training.

**Cycle 2:** Cycle 2 Assessments/Quizzes (2-3)

**Cycle 3:** Cycle 3 Assessments/Quizzes (2-3)

**December 2019:** The Final Exam will cover cycle 1,2, and 3. It will contain 3 parts:

Part 1: 15-minute nonstop run = 30 points (Students who complete the 13 mile run goal within the time frame may be eligible for exemption from this portion of final).

Part 2: 50 Multiple Choice Questions = 50 points

Part 3: Workout Plan= 20 points

**Exemptions for Final Exam:**

Students who have participated fully in class, has at least an 85 average and no lower in conduct will be exempt from the final exam. ALL ABSENCE APPLY FOR ADA ATTENDANCE (NO MORE THAN 3).

**Note:** Any grade discrepancies should be respectfully addressed over email to Coach Matranga.

[bmatrang@houstonisd.org](mailto:bmatrang@houstonisd.org) (please include your name and class period in subject line). (example:

BMatranga\_B2)

**DeBakey PE shirts:** Please listen for announcements for when the PTA will be selling Uniform Shirts. You may also email them to request a PE shirt. To contact PTA directly, please visit their website: [www.debakeypta.com](http://www.debakeypta.com). The cost is \$12.00 cash only please.

<b>Professional Standards of Behavior for Students</b>	
<b>Academic Integrity</b>  <b>CHEATING POLICY</b> DeBakey cheating policy applies to the Physical Education Department. This applies to all class activities, mile runs, games, competitions and/or any examination.	<b>Plagiarism:</b> Taking credit for any thought, idea, or work that is not your own is plagiarism. Any instance of academic dishonesty will be documented and reported to the dean of the DeBakey High School. Students will be informed of this action and may submit a written response to the charge. The instructor has the right to fail the student for the specific project or the entire course. When writing any paper, reference all information, websites, books, etc. that are not your own.
<b>Attendance</b>	Participation in all assigned activities in a timely manner constitutes “attendance” in all classes. Failure to actively participate in any of the activities may result in point deduction. **When a student is absent, they will receive a “0” for that class until the 200 calories makeup is complete. this must be emailed to me within a week of absence.
<b>Incomplete Course (INC)</b>	Incompletes are given only at the discretion of the teacher for reasons of serious and unavoidable nature and must be made up in a timely manner. Final decision rests on the teacher of record. If a student is absent more than a couple of times per cycle, they will be given an incomplete and a growth plan to finish the assigned work before the cycle ends.

## **GRADING RUBRIC**

This course is calculated into your GPA, and will therefore require effort to earn the grade.

\*\* Every Student Enrolled in a Physical Education Course in Matranga's Gradespeed will receive a **DEFAULT 100**. \*\*Please be aware that just because your grade is a 100 TODAY, **DOES NOT MEAN** THAT IS YOUR GRADE. GRADES WILL BE ENTERED WEEKLY. THANK YOU.

Note\*\*POINTS ARE THEN DEDUCTED FOR THE FOLLOWING:

### **1. PARTICIPATION (70%)**

Participation includes all the following: dressing in the appropriate uniform and shoes, participant in the Sports Unit, all drills, Fitness Center activities, the mile run, all makeup assignments, and illness assignments).

#### **Grade breakdown:**

1. A student starts each class with a 100.
2. Not dressed in PE shirt/shorts/shoes-50/ no shirt -20, no shorts -20, no shoes -10, hair down, jewelry -10
3. Not participating in drills, fitness center activities: weight training, playing games. (10—25 points).
4. Mile run not under 10:59 -25
5. Not putting in effort to improve your mile time (i.e.-running every class day and a mile at home when time). -25
6. Anywhere from 5-25 points can be taken off a student's daily grade for not being with assigned team, skipping games, etc. these are subjective to the Coach.

#### **ABSENCES:**

1. The student is responsible for their makeup. If you are absent from class for any reason, you will receive a 0 for your absence until your makeup the calories are complete. You will begin making up calories the next class day (playing sports and other activities will be put on hold until this is complete). (email:[bmatrang@houstonisd.org](mailto:bmatrang@houstonisd.org), attach picture, Subject: YourName\_ClassPeriod\_makeupcalories). Once I receive the email of your calories, your grade will be changed. (for example: If I am absent on a Monday-9/1, when I return on 9/3-I will begin my makeup, I will need to wrap up my makeup calories by 9/5).
2. If you are not present for the first 30 minutes you will be counted absent and will have to make up calories.
3. Field trips and other School Activities will not require makeup calories.
4. **MILE RUNS:** All students are required to run a mile weekly until the 13 semester miles are complete. **Some students will be able to use the NIKE running app.** Students unable to complete the mile run in the allotted time will be placed on a mile run improvement plan until the goal is met. Mile run times are to show progress of cardiovascular endurance in time weekly.

### **2. FOLDER/HOMEWORK (15%):**

1. You are required to bring your folder every Monday.
2. You will fill out your weight, bmi and mile time each week. (our times must match).
3. You can take your numbers during the Fitness center time or warm up time.
4. No folder=0 /Wednesday= 70 /Friday =50.
5. Missing pages -10/ Pages out of Order -10.
6. Each box is worth 5 points, including the goals for each week. -5 for each not filled in at the time of the folder check. You are to take ALL your measurements when the Cycle begins, thereafter, it will be weekly-weight, BMI, and mile run for that week.
7. If I check your folder and you have forgotten to fill in the boxes and receive a 20 on your grade, you will not be able to show me for those points back until the following class day for the highest grade of a 70.

8. Homework will be graded mostly by completion but not always. (late homework: submitted one day late -10 points, two days -20. etc). After the closing date on the hub no late assignments will be taken.

**3. ASSESSMENTS:**

1. There will be one Cycle Assessment per Cycle. (except Cycle 4- we will have a Procedures/Safety Exam).
2. If a student fails an Assessment with less than a 60 they can make corrections for 10 points for a 70.

**CONDUCT:**

1. Every student starts with an E in conduct.
2. Violation of any class rules/procedures- 1st time= warning.
3. Violation of any class rules- 2nd time=parent contact and office referral.
4. Violation of class rules- 3rd time= conduct drop from E to S. (this will not be changed until the next cycle if things improve). \*\*other consequences may follow.

**STUDENT/TEACHER CONFLICT:**

DeBakey policy applies.

**PHYSICAL EDUCATION CLASS STUDENT/PARENT AGREEMENT:**

Class Period: \_\_\_\_\_

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

Student Name: \_\_\_\_\_

By signing this syllabus waiver, you agree that you understand all Physical Education Department Expectations/ Policies.

**Please Initial next to each.**

I understand the Conduct Policy\_\_\_\_\_

I understand the Grading Policy and the points that will be deducted from a 100 each class day\_\_\_\_\_

I understand the Daily Class expectations\_\_\_\_\_

I will follow all Safety measures when using the exercise equipment and playing in the gym\_\_\_\_\_

I am aware of my responsibilities when making the hiking trip to a local park\_\_\_\_\_

I am responsible to be fully prepared for class with my full PE uniform and folder on Mondays\_\_\_\_\_

I am aware of my responsibility to report all asthma or health issues that would prevent participation\_\_\_\_\_

I understand I am required to run a mile each week\_\_\_\_\_

I am aware of the consequences for cheating on anything in the class\_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Phone Number where I can be reached: \_\_\_\_\_

Email where I can be reached: \_\_\_\_\_

Thank you.