**Physical Education Fall 2021 (Covid 19 Version)**

**“***Where EXCELLENCE is a tradition****”***

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| **Course: Physical Education** | | **Instructor** **Name:**Bridget Matranga | |
| Semester | FALL 2021 | Email | bmatrang@houstonisd.org |
| Cycles | 1,2,3 | Conference Period | A2-9:30-11:05am |

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| **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.  **High School TEKS require students take 2 semesters of the following courses:**  *Foundations of Personal Fitness, Adventure/Outdoor Education, Aerobic Activities, Individual Sports, and Team Sports. This class is calculated into your overall GPA therefore will require adherence to all requirements.* Five courses fall under the Physical Education Curriculum: Foundations of Personal Fitness, Adventure/Outdoor Education, Aerobic Activities, Individual Sports, and Team Sports. **TEKS Objectives:** <http://ritter.tea.state.tx.us/rules/tac/chapter116/ch116c.html> |

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| **RULES OF THE CLASS:**   1. Be Respectful. 2. Be Prepared and Participate. 3. No Food, Drinks, Gum, Study Materials or Candy in class. 4. Follow all class procedures. 5. Have a good attitude.   **CONSEQUENCES:**   1. Warning 2. Detention 3. Parent call-conduct drop 4. Office referral. | **CONDUCT:**  Students' conduct will start with an E as a default. If you demonstrate excellence in my class, then you will receive an E. We will follow the HISD code of conduct.  **Note:** Any grade discrepancies should be respectfully addressed over email to Coach Matranga or at the end of your class period. ([bmatrang@houstonisd.org](mailto:bmatrang@houstonisd.org) (IN SUBJECT LINE: Your name and class period-(example: BMatranga\_B2) |
| **COVID 19 RULES FOR PHYSICAL EDUCATION:**  [click on link for more information](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html)   1. **Masks:** Students are required to wear masks at all times. Regardless of vaccination status. Masks must cover both the nose and the mouth. 2. **Physical Distancing:** Physical distancing of at least three feet is encouraged indoors as space allows. Assigned seating will be required in classrooms. 3. **Athletics/Extracurricular Activities:** will follow **campus guidelines.** Spectator capacity is limited to 50 percent at all indoor and outdoor competitions, **and** masks are required for attendees not actively competing at indoor events. | **Fitness Center Covid Safety/Gym Covid Safety/Locker Room Covid Safety:**   1. Students must maintain 3-feet of distance in the fitness center, gym and locker room. 2. Must wipe down equipment before and after use. 3. Replace equipment after use. 4. In the gym the same rules apply with distance, equipment and masks. 5. Water fountains are out of use for covid but you may bring a water bottle touchless refill.   Non-compliance may result in disciplinary action in accordance with board policies and district practices and procedures. |
| **THINGS YOU WILL NEED FOR CLASS:**   * **A Mask.** * **Uniform Shirt:** DeBakey PE shirt. (No V necks or dry fit shirts) If you have not been able to purchase one, you may wear a solid grey or white t-shirt. * **SENIORS**- may wear any DeBakey approved T-shirt with “DeBakey” printed on it such as class, club, or field day shirt. * **Shorts/Pants:** Black or Navy Blue and Knee length shorts are required or pants. (no stripes or big writing): * **Sneakers:** Training or running shoes ONLY. * **Combination lock** (NO key locks). (write combo down). * **Hair ties:** for those who have longer hair to pull hair back during class.   **Other:**   * Long fingernails are not advised due to safety. * No jewelry. * Take your clothes home at least weekly to wash. | |
| **LOCKER ROOMS:**  1. Keep them Clean.  2. Place bags and laptops in designated areas not in front of the lockers (keep them against the walls, not in the walkways.  3. Lock up valuables. (cell phones, cash, jewelry).  4. Keep your locker combo in a safe place.  5. Maintain 3 feet of distance and Keep the mask on at all times.  6. Keep noise level down/No Horseplay  7. Respect others' space and belongings.  8. No bullying. | |
| **DAILY CLASS PROCEDURES:**  **What do I do when I come to class?**  **DAILY ROUTINE:** Come into the gym ON TIME, go directly to the locker room to dress out. The class has 7 minutes after the second bell to dress out and prepare for class by warming up, getting fitness measurements, playing an activity, or making up for an absence.    **BUZZER/ROLL-CALL:** At the ringing of the 7-minute timer, all students must STOP playing and put ALL balls up, report immediately to their roll-call lines on the 3-point line. (Failure to follow this rule, will result in no activity-time for the entire class). After roll-call, the teacher will provide instruction on the class objectives and activities of the day, also posted on the HUB.  **TARDIES/DETENTION:** Students who don't make it to roll call by the time I check them off will be marked tardy. Two warnings will be given, 3rd tardy to roll call=DETENTION. If you are late to class, you will be asked to report to the main office to get a pass.  **EXPECTATIONS DURING CLASS:** Students are expected to participate in all activities.  **END OF CLASS:** 10-minutes before the class ends, students will be released to dress-out. At that time, all equipment must be put away. Drink water before going into the locker room as you will not be allowed to the water fountain after you exit the locker room. After you exit the locker room, remain between the blue bleachers and white court line. No cell phones, food etc. should be taken out. NO WATER now. You will be dismissed at the ringing of the bell. NO LEAVING BEFORE THE BELL RINGS, even if your watch has a different time.  **\*\*PA SYSTEM:** When you hear the PA system, you must stop talking or whatever you are doing and listen to 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 not by the exits. (DO NOT LEAVE UNTIL THE BELL RINGS FOR DISMISSAL)  **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). | |
| **GRADE CATEGORIES: See Grading Rubrics for breakdown.**   * **Game Participation/Uniform/Fitness Center…..70%** * **Assignments/Homework…………….....................15%** * **Exams/Quizzes………………………………………………..15%** | |
| **Technology:**  -Cell Phones-will be permitted only in the fitness center, not in the gym.  -Laptops will be used for record keeping, exit tickets, exams and hub assignments.  -Failure to have a laptop on exam day will result in a 50 for class. | |
| **Fitness Center:** We will be in the fitness center every class period so you must learn how to use all equipment and will be given a test on this. We will not be doing intense cardio until the number of covid cases is lower in Harris County. We will sometimes go outside to the track and walk for cardio. | |
| **CHAMPIONSHIP PASS:** TBD | |
| **SAFETY:** Playing area: ensure the court is clear of items including pens/pencils, folders, paper, etc.  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 during class time only after the waiver has been signed by the parent(s). The signed portion of the waiver is to be turned into the coach.  **Equipment Safety:** Balls are there for your use during the warmup period. No hanging on basketball goals, soccer goals or misuse of weight equipment or treadmills. No use of soccer balls, frisbees or footballs in the gym during class.  **FIRE DRILL:** NO TALKING AT ALL FROM BEGINNING TO END. During a fire drill all students will STOP immediately and move to Stairwell D. Line up on the yellow line maintaining 3 feet. Walk down the stairwells one behind the other. Exit and go to the designated area for roll call. We will wait quietly.  **FIRST AID:** Ice packs can be found in the refrigerator in the gym in the freezer. Please return to the freezer after use. Band-Aids can also be found in the same area in a box. Band-Aids are also available for your personal use. No need to ask permission, just clean up after yourself. **AED:** the AED device can be found in the hallway next to stairwell B. | |
| **INJURIES/ILLNESS POLICIES**-  **ASTHMA:** If you have asthma, you are required to go to the nurse and ensure that she has the appropriate doctor's note and paperwork and inform me.  **ILLNESS:** When a student is ill during class, a parent note is required for a student for on class day. You will be given a zero for participation until you are able to make up the class. You will be given an alternate assignment for that class participation. 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. | |

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| **LEAVING THE GYM:** You will be allowed 3 chances to leave the gym to go to your locker, etc.  **GYM USE/FITNESS CENTER:** The Coach’s will split the use of the gym and fitness center. The first half of the class period will be in either the gym or 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.** To use the Fitness Center, a waiver will be signed for class use only, not for after school participation. 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:** Each class will have managers for Time, Papers, Equipment, and Speaker of the class. Senior Students- will be assigned Managers of the class, it is important you understand your position because this will affect your DAILY PARTICIPATION GRADE.  **TIME:** the clock should be set for 7 minutes after the tardy bell. Please see the schedule of gym time and fitness center time and when we transition from each. We Maximize our instructional time so make every minute count.  **CHEATING POLICY:** DeBakey cheating policy applies to the Physical Education Department. This applies to all class activities, mile runs, games, competitions and/or any examination. Plagiarism will not be tolerated.  **ABSENCES**: TBD Check the HUB for updates.  **CALENDAR:** TBD Check the HUB for updates. |

Please click here for the Google doc form for your parents and you to sign. <https://forms.gle/LLeuDj97peVNroeT7>

**Thank you and let’s make this year a new learning opportunity for all of us. --Coach Matranga**