



Physical Education

Course: Physical Education		Instructor Name: Elmer Villatoro, B.S. in Kinesiology – U of H, 2005 Master of Education Leadership, UST, 2016	
Semester 1	Fall 2019	Email	evillato@houstonisd.org
Cycles	1, 2, and 3	Tel: 713-746-5214, Conference Period: A3	

Required Subscription	none
Textbook(s) Recommended	<i>None</i>

Course Description/ Objectives:

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan. The students will learn and develop flexibility, agility, coordination, speed, balance, cardiovascular efficiency, and muscular strength and endurance development through a fun, structured, and physically demanding curriculum. The following Five courses fall under the Physical Education Curriculum: Foundations of Personal Fitness, Adventure/Outdoor Education, Aerobic Activities, Individual Sports, and Team Sports.

Course Objectives/Learner Outcomes

TEKS Objectives: <http://ritter.tea.state.tx.us/rules/tac/chapter116/ch116c.html>

§116.52. Foundations of Personal Fitness (One-Half Credit)

§116.53. Adventure/Outdoor Education (One-Half Credit)

§116.54. Aerobic Activities (One-Half Credit)

§116.55. Individual Sports (One-Half Credit)

§116.56. Team Sports (One-Half Credit)

GRADING RUBRIC

Participation/Dressing out= 70% of cycle average

100 total points for the day: 50 points for dressing out and 50 points for fully participation in each sport/activity. Dressing out: 20 points for shirt, 20 points for shorts, and 10 points for proper footwear and socks. Participation is 50 points in total. If the class has only one sport/activity for the day then the 50 points go the participation in that particular sport or activity. If we play two sports/activities, soccer and running the mile, for example, then the 50 points is divided between the two activities; each activity will count for 25 points each (25 for soccer and 25 for the mile run) for a total of 50 points for participation. **NOTICE:** For the student who cannot meet the Mile Run under the 10:59 standard time, the mile run will be the primary activity for the student during class, in addition to running outside the school hours or weekend to gain cardiovascular endurance.

Folder= 15% of cycle average

Folder with **3 brads (metals)** is required for all 9-11th graders, seniors are not required to keep a folder, but do must present their up to date fitness form. Folders are checked every Monday or the next school day if it falls on a school holiday, which in practice the folder is checked biweekly since we have a blocked schedule. Students are responsible to keep units handouts in order and keep weekly track of their body measurements, including weight and BMI, which are to be taken during the first 7 minutes of class. A deduction of 10 points will be taken for each missing item.

Assessment= 15% of cycle average

Assessments are administered each cycle and it measures knowledge learned of units taught during the particular cycle being tested- Test score counts for 15% of the final cycle grade.

Cycle 1 Assessment: syllabus, safety, fitness, basketball, and any covered material

Cycle 2 Assessment: Fitness, fitnessgram, volleyball, flag football, and any covered material

Cycle 3 Assessment: FINAL EXAM has 3 parts, will be given in December:

Part 1: 15 minute nonstop run (inside the gym)= 30 points

- Running all 13 semester miles within the standard time will replace the nonstop jog

Part 2: 50 Multiple Choices Questions = 50 points

Cover cycle 1, cycle 2, and cycle 3 units

Part 3: Essay/Fitness Plan = 20 points - Create and present a fitness plan

Uniform, Combination Lock, and Hygiene

UNIFORM:

- ✓ **Shirt:** DeBaKey PE shirts must be purchased from the PTO, at the beginning of the school and/or scheduled sales during the semester. Please contact PTO directly, www.debakeypto.org.
- ✓ **SENIORS-** may wear any DeBaKey approved T-shirt with "DeBaKey" printed on it such as class, club, or field day shirt. Seniors are also required to wear solid navy or black color shorts.
- ✓ **Shorts:** You may purchase shorts from any store, but shorts must be of a solid color (no stripes or big writing), Navy Blue or solid Black and must be **KNEE** length.
- ✓ **Sweat pants:** If needed (black, grey, or navy ONLY), NO print, bright colors,
- ✓ **Sneakers:** Training or running sneakers ONLY- no flats, Vans, Sperry's, sandals, heels, or boots
- ✓ **Combination lock** (NO key locks). You **must** give the coaches your locker number and combination the first week of school (please store this combination in a safe place).

Hygiene

- ✓ Student's uniforms must be taken home to be washed routinely and also keep deodorant and other hygienic items in PE locker.

Semester Units

1. Orientation-Syllabus-Class expectations- review and understand all class/semester procedures, grading policy, and expectations.

2. FITNESS, Five Components of Fitness:

1. Body Composition - Body measurements- height, weight, BMI - Keep weekly record.
2. Flexibility -learn a full body flexibility routine
3. Cardiovascular Endurance -run a mile weekly, and use stationary bikes, elliptical, or Stairmaster.
4. Muscular Strength - Learn a full calisthenics routine, weight training routine, or both.
5. Muscular Endurance - repetition of calisthenics, weight training, or any form of resistance training.

Learn/practice Injury Prevention Exercises, Calisthenics, & Weight Training (Free weight and Machines).

Fitness Plan - Students will create a fitness plan for the semester- Coach will provide a google link to the plan for each student to fill in his/her personal fitness goals and work out routines.

3. MILE RUNS: Students are required to run a mile each week for 13 weeks, 13 miles total for the semester. Students who do not complete the mile under 10:59 minutes will have 25 points deducted from the daily grade and required to complete it the following class to gain full grade. Failure to follow class procedures will result in grade and conduct deduction. Please download Nike run app or any app considered effective to keep accurate track of the distance, time, and pace-must be approved by coaches. Student keeps track of his/her mile run on Fitness Record, it must match the times on coach's One Mile Run time sheet record. **REWARD:** If the entire class completes all miles before the Thanksgiving break, the class will be rewarded with a **FREE DAY** (choice of activity) on their first day back.

4. Basketball: History, Rules, technique of dribbling, passing, shooting; and team strategies when attacking and defending.

5. Fitnessgram Test -it cover five areas: Curl-ups (abdominal strength), Trunk-Lift (back flexibility), Push-ups (upper body strength), Shoulder Stretch (flexibility), Mile run (cardiovascular). There will be two Fitnessgram tests administered, one in cycle 1 and the other in cycle 3.

6. Volleyball: History, Rules, Terminology, practice skills: set, bump, serve. Team strategies.

7. Flag Football: History, Rules, technique of throwing and catching the football, attacking and defending strategies.

8. Floor Hockey: History, Rules, proper technique of receiving, dribbling, passing, and shooting the puck/ball.

CHAMPIONSHIP PASS: This is a pass you can earn by winning a P.E. sports unit. Example: Soccer/Futsal, Volleyball, Kickball, Badminton, and/or fastest mile run average. With the approval of your Phys. Ed. teacher, you may use this pass for a 100 on quiz/test, skip a class to go to the library, make-up for any absence, or skip the mile run (must have an average of under 10 minutes for all miles ran and must have completed every previous miles in order to be approved). The pass details the purpose of its use and expiration by the end of the semester.

Homework/Out of School Activities/Community Involvement

Homework: Students who do not meet personal fitness goals or run the Mile under the 10:59 standard time are to train outside school time, always look for safe environment and have adult supervision. Remember, all you need is yourself and safe surface to get a full workout to meet cycle and semester goals, no excuses!

Community Involvement: Some of the events to look for this Semester:

Running: 5K, 10K, Half Marathons, Full Marathons

Turkey Trots in November, many events around Houston, google the events

Visit www.runguides.com for a list of various distance runs throughout the Fall

10K <http://www.runningalliancesport.org/>

Half marathon- www.bel-inizio.org

Marathon, Half Marathon, and 5K – www.chevronhoustonmarathon.com You can also find a list of different running events throughout the Fall in Houston, under the Warm Up Series. Information on Running Clubs and Nutrition can also be found in the website. The Chevron Half Marathon is scheduled for January 19, 2020.

Biking:

<http://bicycleridestexas.com/> for various bike ride events in Texas throughout the year

<http://www.houstontx.gov/tourdehouston/> Tour de Houston.

MS150, Houston to Austin Bike Ride,

http://main.nationalmssociety.org/site/TR/Bike/TXHBikeEvents?pg=entry&fr_id=27003

Technology Use:

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

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

Laptop: The use of laptops will occasionally need it also to enrich lessons through the semester- I will give you a notice ahead of time. Students will be responsibly to bring their laptop fully charge.

Phones: Students are recommended to use their phone during the mile run when the class runs the mile outside. The most common app used is Nike Run Club (NRC) 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. The coach will instruct when is proper and not proper to use the cell phone. Teacher will pick up the phone when the student does not follow instructions. With coach's permission, students may use his or her personal phone to make a call or use the coach's office phone.

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).

CLASS PROCEDURES/ RULES

ABSENCE: You are required to make up all excused or unexcused absences on any of our cardiovascular machines by burning 200 calories per absence. Absences due to school related activities such as field trips or HOSA will only need to make up 100 calories. Make-up can be completed through intervals (i.e.-50 calories at the beginning of one class and 50 the next class until the make-up is complete. Coach must verify your calories for a grade change. Missing class due to Standardized testing is the only time students are not required to make up.

INJURIES:

If a **bandage** is needed during class, bandages can be found on the first aid kit by coaches office.

If an **ice-pack** is needed during class, you can find them in the small black refrigerator freezer located near Stairway C. In the event that a student becomes ill (bloody nose, broken bone, sprain), **ALERT** the coach **IMMEDIATELY!**

The **AED** (automated External Defibrillator) can be found in the hallway by the Fitness Center

Illness Policy

1. 1st day of illness a parent note is required.
2. 2nd day (class), Physician's note to the nurse with a doctor's signature is required.
3. Nurse will provide a copy to the coach via email or paper copy.

****Students with asthma or any health related illness that prevents full participation in class needs documentation through the school nurse within the first week of school.**

Students with asthma are to keep his or her inhaler proximal during activity.

ANNOUNCEMENTS:

Students are to remain silent for all announcements. All students are required to listen to announcements and be responsible for the information communicated.

CALENDAR:

A class calendar will be posted on the bulletin board by the measuring equipment in the fitness center. The calendar has important class related dates such as units, tests, folder checks, and mile runs.

What do I do when I come to class:

DAILY ROUTINE: Come into the gym **ON TIME**, go directly to 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 measurement, playing an activity, walking around the gym with a partner, or making up for an absence.

BUZZER/ROLL-CALL: At the ringing of the 7 minute timer, all students must **STOP** playing and put up all the balls and report immediately to class roll-call lines (Failure to follow this rule, will result in no activity-time for the entire class). After roll-call, teacher will provide instruction on the class objectives and activities of the day..

TARDIES/DETENTION: Students are **NOT** allowed on fitness equipment unless permitted to do so. (Improper use of equipment will have consequences). **NO** sitting, studying, horse playing, or leaving personal items on equipment). **Tardy to roll-call:** 2 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.

PERMISSION TO LEAVE CLASS: Students are to remain with the class at all times. It is a requirement for students to ask for permission to leave class for restroom use or any other reason, and the time away is minimal for students not to lose instructional/participation time.

EXPECTATIONS DURING CLASS

Students are expected to participate in all activities to the best of their ability, 100% effort should be given during all class activities and games. Students are not allowed to chew gum or bring food or drinks to class. No backpacks or study materials are allowed in the gym. Physical Education will not be used as a study hall. Students are to be respectful to the coach's, their classmates, and the gym equipment. Failure to comply will result in disciplinary actions. Students are not to touch anyone's items in locker rooms and are to keep the noise to a minimum.

END OF CLASS: Ten minutes before the class ends, students will be released to dress-out. All equipment must be put away. Please 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 at this time. You will be dismissed at the ringing of bell.

Safety: Gym and Playing areas, exercise equipment, drills, and Hiking Safety

Playing area: ensure the court is clear of items including pens/pencils, folders, paper, etc. Bleachers and any exposed area should be covered with mats.

Exercise Equipment: All exercise equipment is available for use after the Fitness Unit, which covers training on proper use of exercise equipment, and the waiver has been signed by the parent(s). It is a requirement for the signed waiver to be kept in the teacher's binder. The use of equipment is considered a privilege and can be taken away from students not following safety instructions.

FIRE DRILL:

During a fire drill all students are STOP immediately what they are doing and move to designated exit stairways, no elevators, either the stairs by the boys locker room or the stairs by the coach's office. We will meet across outside across the bus drop off area where attendance will be taken.

LOCKDOWN DRILL:

During a lockdown drill, students will immediately STOP what they are doing and GIRLS will report to the locker rooms and BOYS will report to the locker rooms. Students will wait silently in locker rooms with coaches until all is clear to exit. No cell phones or talking will be allowed.

Hiking: During the semester we will walk, as a class, to Gus S. and Lyndall F. Wortham Park (park with waterfall pillars) to meet the Sports Outdoors Hiking TEKS' objective. We will need to cross Pressler St, which requires students to be very attentive when crossing the street as a group.

<p>Fitness Center: Exercise equipment and Safety Use</p> <p>SAFETY Exercise Equipment Use, DO not lose usage privilege due to negligence!</p> <p>Students are expected optimal behavior in class to avoid injuries and are required to follow safety measures and instruction for proper exercise equipment use.</p> <p>Cardio Equipment, 21 Machines: 7 treadmills, 8 ellipticals, 5 stationary bikes (3 upright and 2 recumbent), and 1 stairmaster. Treadmill safety -double knot shoe laces then attached the safety red clip to shirt.</p> <p>Weight Training Machines, 4 machines: 2 Smiths machines, 1 Lat pull/seated row machine, 1 leg extension/curl machine. Ensure to use proper form when using machines and re-rack weights.</p> <p>Calisthenics Apparatus: 1 apparatus for back and abs</p> <p>Deadlift Platform: 1 deadlift platform</p> <p>Free Weights: The weight rack is full of free weights ranging from five pounds to 80 pounds. Ensure to use proper form when using free weight and rerack weights facing up.</p> <p>Gymnastic equipment: may be used in a safely manner. Pommel horse and vault table are prohibited from use.</p> <p>ALL EQUIPMENT MUST BE PROPERLY STORED AFTER USE. -inappropriate use of exercise equipment may result in injury and/or damage to the equipment. The access to fitness equipment is a privilege, please use it wisely to exercise your body to meet fitness goals and keeping it safe!</p>

<p>Student Accommodations</p> <p>Students who have special needs addressed by the Americans with Disabilities Act who need any test or course material accommodations should let the teacher know immediately about the medical condition(s) and should then request assistance through the counselor and/or nurse.</p>
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Professional Standards of Behavior for Students and Faculty	
<p>Academic Integrity</p> <p>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.</p>	<p>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.</p>
<p>Attendance</p>	<p>Participation in all assigned activities in a timely manner constitutes “attendance” in an in all classes. Failure to actively participate in any of the activities may result in point deduction.</p>
<p>Incomplete Course</p>	<p>Incompletes are given only at the discretion of the teacher for reasons of serious and unavoidable nature. Final decision rests on the teacher of record.</p>



FALL 2019
PHYSICAL EDUCATION CLASS
STUDENT/PARENT AGREEMENT:

Dear Parent/ Guardian of (Student Name) _____, thank you for taking the time to go over this Syllabus with your child. There are lots of details but it will be worth the time to make sure we are all on the same page for a successful semester. Please sign that you have read the syllabus and understand the commitment to support your child to follow and meet class procedures, policies, and grading guidelines.

WAIVER TO SIGN (please write in pen!):

By signing this syllabus and waiver, you agree that you understand all Physical Education Department grading policies, class rules and expectations, including cheating policy, observing Gym, gymnastics, and Fitness center safety measures, aware of your safety responsibilities when crossing Pressler St, in front of DeBakey, to visit the Wortham Park to Run the One Mile or do our Hiking trip. As a student of excellence, take responsibility to be fully prepared for class with full PE uniform (including sneakers and socks), fully participate to the best of ability, and take care of personal hygiene.

_____, Student Name PRINTED	_____ Period
_____, Student Signature	_____ Date
_____, Parent Signature	_____ Date

The BEST Phone Number to reach parent(s): _____