

Course Goal: Provide each student with the opportunity to learn about lifetime fitness through participation, effective communication, and responsible citizenship. Educate students on proper health and nutrition as well as the use of heart rate monitors. Students will be tested in three categories—cardiovascular endurance, muscular strength and endurance, and flexibility—using various tests associated with the FITNESSGRAM program and other state requirements. Students will also have the opportunity to make their own fitness plan. This course is **REQUIRED** for graduation.

Checklist of Needs

1. Combination lock
2. Athletic shoes with laces
3. T-shirt (tank tops/sleeveless shirts will not be allowed—boys or girls), sweatshirt, socks, knee length shorts, or athletic pants
4. Towel and water bottle
5. Notebook with paper and pen or pencil

Classroom Rules/Expectations:

1. Be on time, willing to learn and participate, and dressed in appropriate PE attire.
2. Follow directions, class rules and expectations, and school and district rules and policies.
3. No cell phones or iPods or any other electronic devices.
4. No food or drink in class.
5. You are responsible for your own backpack and belongings in it if you bring it to class.
6. Do not share lockers or gym clothes.
7. Students participating on Copper Hills' athletic teams are still required to dress and participate on game days.
8. A doctor's note will be required to not participate because of injury. A parent note will not be accepted.

Grading Policy:

0-30 points possible each day for participation.

**Points will be deducted for tardiness, off-task behavior, and/or not being dressed properly.

A no dress day may not be made up.

10-100 points possible for assignments, quizzes, assessments, and worksheets.

Grading Scale:

A	93-100%	B	84-86%	C	77-78%	D	69-70%
A-	90-92%	B-	81-83%	C-	74-76%	D-	66-68%
B+	87-89%	C+	79-80%	D+	71-73%	F	0-65%

Make-up Policies: Only excused absences may be made up and must be done within **2 weeks** of the absence. Please check the circuit room door for the teacher representative at Grizzly Opts and afternoons on Tuesdays, Wednesdays and Thursdays. (No Monday or Friday make ups will be available)

No make ups will be available with a substitute teacher. Any assignment that is being handed in late will not be accepted by a substitute. Please give the assignment to your assigned teacher upon his or her return.

Attendance: In an activity based class, attendance is expected to receive information regarding the class and for a responsible grade. Students should be properly dressed in PE attire and ready for roll call 10 minutes after the tardy bell has rung. Please note that only **excused absences** may be made up. **Please refer to the Jordan School District attendance policy for further detail. **

Lockers and Locker Room: You must provide your own lock for PE classes. Locker facilities will be available in the dressing room sites. Under **NO** circumstances should students dress in areas accessible to the general student body (i.e.: hallways, restrooms, gyms, etc.). Copper Hills High School is not responsible for use of locker without a lock. Please make sure your locker is locked before you leave class.

Safety in a PE Class: In an activity based class, safety is always a concern. Please be properly dressed with appropriate shoes. Injury and/or accidents do happen in PE settings. Please know there are risks associated with PE when rules are broken and/or horseplay is occurring.

Physical Education Philosophy: The physical education department of Copper Hills High School is here to help students understand a healthy lifestyle and apply it for lifelong fitness education. It does not matter if you are the fastest, strongest, or most athletic person in the class. Your grade is earned by how much **effort** and **respect** you give to the class, teachers, and others.

FERPA Notice: Student information, work, and grades will be kept confidential and will not be shared without the necessary authorization as per FERPA Regulations - See JSD Policy.

No student will be allowed to participate in class without a parent-signed disclosure form.

Copper Hills High School Physical Education Department Teachers

Andrew Blanchard

andrew.blanchard@jordandistrict.org

<http://sites.google.com/a/jordandistrict.org/coach-blanchard-s-pe-class/home>

Megan Butler

megan.butler@jordandistrict.org

<https://learnwithmeganbutler.weebly.com>

Darby Freeland (Dept. Chair)

darby.freeland@jordandistrict.org

www.coachfreeland.weebly.com

Corey Dodds

corey.dodds@jordandistrict.org

Tim Martinson

timothy.martinson@jordandistrict.org

<https://sites.google.com/a/jordandistrict.org/coachmartinsonpecopperhillshigh/>

Eddie Moura

eddie.moura@jordandistrict.org

Please feel free to contact these individuals if you have any concerns or questions regarding your student's PE class or visit teacher's websites.

