

2018 Summer PST

Syllabus and Disclosure

Instructors:

Coach Lord: joshua.lord@jordandistrict.org

Coach Spears: janna.spears@jordandistrict.org

Coach Rosen: jenny.rosen@jordandistrict.org

Course Philosophy and Objectives:

The Utah State Core Curriculum is the basis for the material taught. This course is designed to give each student an opportunity to experience a variety of sports and personal fitness activities. Students will be encouraged to evaluate their own personal fitness and set fitness goals in the following areas: cardiovascular endurance, muscular strength and endurance, balance, flexibility and agility. Students will learn the fundamentals and rules for a variety of sports helping them discover their own interests and continue to engage in some, or all, of these activities throughout their lives.

Grading Procedures and Grading Scale:

1. Students will be assessed in each of the following areas: volleyball, basketball, tennis, bowling, soccer, softball, and fitness. Written and physical pre-fitness tests will not be included in the academic grade as they are used as a baseline. Each post assessment is worth 100 points on the final day.

Retakes will not be allowed due to the condensed nature of the course. Students must be able to complete all physical tests for full credit.

2. Students will receive 50 points each day; 10 points for coming to class prepared with correct clothes, 20 points for highly active participation in the fitness portion of the class (jogging, push-ups and curl-ups) and 20 points for participation in the sport activity (following correct rules, working cooperatively with teams and groups, willingness to try new things, regular attendance, appropriate dress, and punctuality).

3. Dressing appropriately consists of a light colored, short-sleeve T-shirt with the student's last name printed in two inch black letters on the front and back. Names need to be visible and clearly printed. Students may also wear their school's P.E. uniform if the names are clearly visible. Students need to wear modest shorts. The shorts must fit around the waist with no underwear showing at any time. The length of the shorts must meet Jordan School District dress code standards. **Students who arrive wearing leggings, cut-offs, spandex, capris, or yoga pants, will be asked to leave and will not receive credit for that day.** Shirts must be modest covering the midsection with no cleavage showing. Socks and lace up athletic shoes are mandatory. Students must **bring their own water bottles** as convenient access to drinking fountains is not always available. Students who are not dressed appropriately will have points deducted.

Attention: Students with respiratory issues (asthma) need to wear shorts with pockets to carry inhalers with them at all times, for immediate use if needed.

The following behavior will cause a loss of points:

Talking when you should be listening	Loss of 5 points minimum
Inappropriate language/swearing	Loss of 10 points
Tardy	5 minutes or less - loss of 5 points More than 5 minutes - loss of 10 points
Lack of participation/practice	Loss of 10 points minimum
Poor behavior	Loss of 5 points
Inappropriate clothing	Sent home for the day - loss of 50 points with no make-up
Misuse of equipment	Loss of up to 40 points
Cell phones (without permission)	Loss of up to 40 points
No gum, candy, food, pop, etc.	Loss of 5 points per infraction
Discipline issues	Removed from class; no credit/refund
Cheating on any tests and switching teams	0 for day with no make-up

Grading Scale:

100% - 93% = A	86% - 83% = B	76% - 73% = C	66% - 63% = D
92% - 90% = A-	82% - 80% = B-	72% - 70% = C-	62% - 60% = D-
89% - 87% = B+	79% - 77% = C+	69% - 67% = D+	59% = F

Attendance: Due to the condensed nature of this course, students may not miss more than 2 days. If a student misses a third day, they are required to make up that day for credit to be earned. **Attending the final day of class is mandatory for credit.**

Make-up days: Make-up days are scheduled throughout course (please see calendar for dates). Students who need to make-up an absence or written test will need to attend the morning and afternoon session during one the scheduled make-up days.

No Dressing Rooms Available: Dressing rooms and lockers are not available during summer PST. Students are advised to leave personal and valuable belonging at home. JSD will not be responsible for any damage or loss of valuables during class. Students need to arrive appropriately dressed and prepared for class to begin.

Transportation: Students are responsible for their own transportation to and from class, including off campus locations specified by instructors. Please be prompt in picking up your students each day.

General Rules:

1. Students sign up for the off campus activities (hike, tennis, bowling) using links provided in the confirmation email sent after registration is complete. Links will also be available on the physical education district website. Time and space is limited for off campus activities. Students are not allowed to trade times with other students once sign ups are complete. Students are responsible for keeping track of the times they sign up for and coordinating transportation.
2. Students may only attend the session they registered for unless they are making up an absence.
3. Candy/gum/food/pop, etc. are not allowed during regular class times.
4. All equipment must be left alone until instructed to do otherwise.
5. Attendance will be promptly taken at the beginning and end of each session. When the whistle blows, students must quickly sit down in roll-call order; listen for directions while equipment is being counted. The instructor will dismiss students.
6. Vandalizing or stealing will be dealt with by district administration and/or police.
7. Students must provide their own equipment for tennis. No sandals or flip flops on the hike.

Study Guides:

Study guides for assessments are located on the physical education district website.

<http://pe.jordandistrict.org/secondarype/pst/>

Syllabus and Disclosure:

Please keep the disclosure and syllabus as an informational resource. Sign and return the signature page to instructors on the second day of class. Please carefully review the attendance requirements for this condensed course to avoid loss of credit due to attendance or lack of make up.

I have read and understand the disclosure statement for the Physical Skills and Techniques (P.S.T.) Summer Course of 2018

Student Name Printed

Student Signature

Parent Signature

Date

Please list any health issues we need to be aware of:

(This sheet needs to be returned tomorrow, Wed. June 6th)