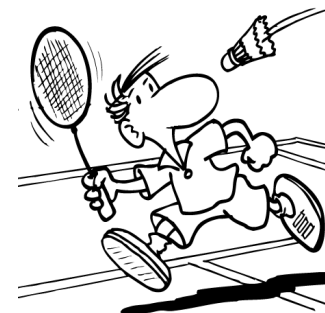




Freshman PE

Mr.
Dal Bon



530-273-4431 ext. 2140
bdalbon@njuhsd.com

Course Overview:

This course will provide students with required California content including cooperative games, dance, swimming, health, and fitness.

Grading:

Cumulative points earned each semester will determine your grade. The points allotted are based primarily on **PARTICIPATION** in the class' activities – this makes up 50% of your grade. Every day of participation is worth 10 points. Thus, a normal school week has 50 possible grading points. Effort and **NOT** skill level or will determine the amount of points you will receive.

CITIZENSHIP - 20% of points in class come from your semester citizenship during our class time. You will start and hopefully finish your semester with 100 points for citizenship. This grade includes how you treat others in class and respect your peers and the class environment. Things like negative or disparaging comments or actions toward peers can drop this grade as well as habitual non-participation and non-dress.

The remaining 30% of your grade will be split into two categories for the first semester making up 15% each

1. **SKILL** - points given as skill grade for different activities. It will depend upon successful performance and improvements made as we progress through different activities.
2. **COGNITIVE KNOWLEDGE** – points given for knowing the rules, regulations, and strategies involved in class activities. This can be through written tests or recognition of the use of strategy in our class games.

Dress:

Proper athletic gear is required in order to receive your participation points. Your purchased NU PE uniform along with proper footwear are expected every day. Sweat pants and/or sweatshirts are allowed during cold weather as long as your PE shirt is still worn. 3 days of failure to dress will result in an hour of detention. Beyond your **3rd Non-dress** you will lose not only your ten participation points for the day but **10 of your 100** semester citizenship points as well.

Absences:

Attendance is a **CRITICAL** part of class. If you are absent **for any reason other than a school function***, you will not be awarded your 10 participation points for the day. The points are earned for participation; if you are absent, you cannot possibly participate. The make up work described below **MUST** be completed **within two weeks** of returning from absences.

***You must notify me the day PRIOR to your school function absence that you will be gone in order to have it go into the gradebook as an excused absence.**

Make Up Work: Keeping with PE Department Policy, you are allowed to make up 6 missed days of participation per semester. This includes both absences and medical days when you

may be at school but are too sick to participate. The 4 days may be split between 2 physical activity make ups and 2 written article review make ups.

Physical Activity: 45 minutes of non-school affiliated activity makes up for one missed period. This can be riding a bike, hiking, stacking firewood, digging in the garden, etc. Parents will send in a signed note with both a description of the activity and the date that is being made up.

Article Review: Select an article with a topic concerning any of the games/activities we do during the year, health and fitness, or nutrition. After reading the article you will **hand write a single page review** annotating the content and also describing what you learned or found interesting. Attach a copy of the article to this page and turn it in including the date of the absence it is making up for.

Medical:

Medical issues that arise which will keep you from participating in class for 1-2 days will be excused with a parent note. Anything keeping a student out for 3-5 days requires a parent/guardian call to the nurse's office. **This simply means they go in as medical days and not "non-participation" days. They must still be made up for credit.** If you are injured at some point throughout the course of the year (in the class itself or otherwise) to an extent that will cause you to miss more than 15 periods of class, semester credit will not be issued per PE Department Policy. Other serious medical issues that will keep you out longer than 5 days must be excused by a doctor's notice. If this occurs we consider it a **major medical**, and the number of days allowed to make up for the semester doubles from 4 to 8. They will still be split evenly between 4 physical make ups and 4 article reviews.

Grading Scale:

A	91 - 100%	B-	79 - 81%	D	61 - 69%
A-	89 - 91%	C	71 - 79%	D-	59 - 61%
B	81 - 89%	C-	69 - 71%	F	<59%

Other Info:

Tardy Policy: Students should be **seated in roll call lines 5 minutes** after the tardy bell. Multiple late arrivals will be given detention per school policy.

Electronics: All iPods, cell phones, video games, etc. must be put away during class time unless otherwise specified by the teacher. **DO NOT BRING THESE TO CLASS!**