

## 9<sup>th</sup> Grade Personal Fitness Development Class Syllabus

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Welcome! We are excited about the learning, fun, memories, and good habits that we will experience as a class this semester! Get ready to participate in some fantastic sports, games, activities, fitness, health, and character...that you will be able to take with you for a lifetime!

### TCA PE Uniform Requirements:

- ✓ TCA t-shirt (PE, Sport, or Activity - with sleeves)
- ✓ School color (blue, red, gray/silver, or black) shorts or sweatpants; if cold, TCA hoodie or sweatshirt (school shorts need to be the longer kind...above the middle of the knee)
- ✓ **NO YOGA PANTS! NO SHORT SHORTS! – Shorts can be worn over yoga pants.**
- ✓ Non-marking athletic shoes with tied laces; athletic socks
- ✓ Purchase through Dennis Uniform ([www.dennisuniform.com](http://www.dennisuniform.com)), TCA online store ([www.tcad20.org](http://www.tcad20.org)), [www.maxpreps.com](http://www.maxpreps.com), or a sports/activities coach or club sponsor

### General Course Outline:

**Units:** (Introduction/Background/History; Vocabulary; Skills/Drills; Rules; Games/Activities/Strategies)

*Fitness Testing; Exercises & Movement; Kickball; Whiffle/Mush Ball; Football; Soccer; Tiger Ball; Basketball; Volleyball; Badminton; Pickle Ball; Team Handball; Ultimate Frisbee; Dodgeball; Tag/Relays; Scooters; Jump Rope; Capture The Flag & Gold Rush; Floor Hockey; Others...*

**Health Topics:** *character; goals; fitness; wellness; nutrition; stress & anxiety; stretching & injury prevention*

### Grading Policy / Class Expectations:

#### The 4 C's

##### **Clothes** (3 Points)

TCA Shirt/sweatshirt (1pt), TCA color shorts/sweatpants (1pt), Athletic shoes (1pt)

*You could lose significant points for not dressing out or dressing out partially (e.g. not wearing a TCA t-shirt, wearing khaki pants or not wearing athletic shoes). If you are not dressed out, you will not participate...which, in turn, will affect your participation grade.*

##### **Consistency** (1 point)

*Unexcused lateness hinders student ability to be prepared for class and may be disruptive to the class flow...Did the student transition after instructions or from one task to another? Is the student consistently dressing out each class?*

##### **Contribution** (3 points)

*Engaged participation throughout the entire class period...When given a warning, did the student get back on task?*

##### **Character** (3 points)

*Some examples include, but are not limited to: talking out of turn and not listening during instructions; name calling; excessive celebrating/taunting; spiking the ball; arguing or yelling at another student or Coach; inappropriate behavior during class or in the locker room; whining...When addressed by the Coach, did the student correct his/her behavior or make the situation right?*

### Grading Scale:

|          |           |         |           |
|----------|-----------|---------|-----------|
| 93 – 100 | <b>A</b>  | 73 – 76 | <b>C</b>  |
| 90 – 92  | <b>A-</b> | 70 – 72 | <b>C-</b> |
| 87 – 89  | <b>B+</b> | 67 – 69 | <b>D+</b> |
| 83 – 86  | <b>B</b>  | 63 – 66 | <b>D</b>  |
| 80 – 82  | <b>B-</b> | 60 – 62 | <b>D-</b> |
| 77 – 79  | <b>C+</b> | 60 – 0  | <b>F</b>  |

*10 points per day (10-9=A, 8=B, 7=C, 6=D, 5-0=F)*

## Tardies & Improper Dress

1-3 Tardies or Improper Dress = 1 point off

4-6 Tardies or Improper Dress = 3 points off

7-9 Tardies or Improper Dress = 4 points off

10-12 Tardies or Improper Dress = 5 points off

## Excused Absence Policy

Students with **excused** absences will be given the opportunity to make up their missed hours and missed points by completing a make-up log. Make-ups must be completed within 2 weeks.

- *Students subject to extended, excused non-dresses/absences will receive accommodations for recovery of missed hours.*
- *Excused absences for school events/activities do not require a make-up log.*

## P.E. Make-Up Physical Activity Log

P.E. Make-Up Physical Activity Log-30 minutes of physical activity for each date absent

- 100% credit (+10 daily points), if completed within 1 week of date absent
- 80% credit (+8 daily points), if completed within 2 weeks of date absent
- 0% credit after 2 weeks of date absent

THE MAX AMOUNT OF MAKE-UP LOGS YOU CAN TURN IN FOR FULL CREDIT ARE 10

- 1-10 = 100% Credit
- 10-15 = 70% Credit
- 15+ = 30% Credit

## P.E. Expectations

1. **Clothes:** Dress out regularly, consistently, in the proper TCA P.E. uniform.
2. **Consistency:** Be on time and prepared for class in the proper uniform. If you have an issue that is keeping you from participating, self-advocate...or bring a note from your parents/doctor. Focus, listen, raise your hand to share, and follow directions. After instructions are given, be prepared to transition from one task to another.
3. **Contribution:** Be an engaged/positive/encouraging participant in ALL activities. Put forth your very best effort. Work hard; improve; have appropriate fun!
4. **Character:** *Discipline, enthusiasm, self-control, sportsmanship, teamwork, integrity, respect, responsibility, endurance, compassion, safety...*  
**NO:** Whining; name calling; arguing or yelling at Coaches/students; excessive celebration/taunting; tackling; horsing around.
5. **Locker Room Expectations:**
  - a. Lock up your school items in the locker room. Do not give out your combo. Do not bring personal items of value with you (i.e. wallets or purses, cell phones, or iPods).
  - b. Remove your belongings from the locker you were using after class. With the shortage of lockers, do not use them permanently or long term.
  - c. Be respectful, responsible, safe, and maintain the highest level of integrity with others and their property.
  - d. Personal hygiene please...no gum, food, or drink allowed.
  - e. Cell phones, iPods, or other electric devices are not allowed in P.E.