



NAI Physical Education Department

PHYSICAL EDUCATION / ADV. P.E.

COURSE SYLLABUS

NAI PE Home Page: [On NA Homepage, Click "Academics", "Health and Physical Education", "NA Intermediate Physical Education"](#)

Course Description

The Physical Education course at NAI is designed to be progressive in nature. You will experience each of the units we teach three (3) times over the course of the year, with each experience progressing from the last. Units included will be; Adventure Education, Muscular Fitness, Aerobic Fitness, Biking, and one student choice unit. Actual rotations will vary by teacher. The ultimate goal of Physical Education is to facilitate students in improving their quality of life through promotion of life long health enhancing physical activity. In today's society, "physical activity is not only a leisure time luxury - it is an essential component of a healthy lifestyle for individuals of all ages" (Young 2003). At NAI, students will learn why regular planned physical activity is important, how to develop a personal plan for being physically active, concepts necessary for successful participation in regular physical activity, and how personal responsibility/interpersonal cooperation can make physical activity a winning proposition for everyone.

EXPECTATIONS: To get the **full value** out of the class we ask that you:

1. **Be here.** Be present mentally, physically, emotionally. Honor the commitment of the others in your group by giving fully of yourself.
2. **Be Safe.** Create a level of safety so that people are able to relax and feel comfortable. Each member has a responsibility to point out any issues or concerns that may affect this safe environment.
3. **Speak the truth.** Share your thoughts openly with honesty and integrity.
4. **Pay attention.** Listen to what others say and focus on their ideas. Minimize distractions.
5. **Be open to outcomes.** Try not to prejudge what is happening. Recognize your preconceived notions about what you will learn or experience.

CLASS RULES

1. Be **respectful** of classmates, the teacher, the school, and the equipment.
2. Try everything - try hard, **NO WHINING**.
3. Be **honest**. The only way to see change is to honestly evaluate yourself.
4. Do what you are **supposed to do**, even when the teacher isn't looking.
5. **Help** others.

GRADING

All grades will follow the North Allegheny grading scale and will be determined by total points earned/total points possible. Semester and final grades will reflect the cumulative total points from each 9 weeks. **The 4, 9 week grades will not be averaged.**

A=90 - 100% B=80 - 89% C=70 - 79% D=60 - 69% E=0 - 59%

Grading Categories and their Weights

- **Class work/Participation:** Approximately 75% of total grade, Value = 10 points per day, recorded daily. Students daily points are determined by: following the full value contract and the level at which the unit/daily course objectives are met.
- **Written Assessments & Activity Extension Assignments:** Approximately 25% of total grade.

CLASS MAKE UPS:

- Students will have two weeks from the date of a required test, assignment, or class to make it up. It is the student's responsibility to check for missed assignments and schedule a make-up.
- Make up options include: 1) Participation in another PE class, 2) Trackable home workouts with Fitness Apps, 3) 25 minutes of strength or aerobic training after school (Scheduled with teacher), or 4) NA lifetime activity club make-up. Ask your teacher for details.

EXCUSES

- **Medical Excuses:** Students with medical restrictions must still dress for class and will be required to perform an alternate safe activity or complete make ups for missed classes. It is strongly suggested that your doctor complete the "Can Do" form (on PE website). If a student misses three or more classes or needs adaptations for a prolonged period of time a doctor's note is required. Students who are excused from all types of physical activity will be required to complete a written assignment during class.
- **Athletic Excuses:** Athletics is not a substitute for a quality physical education course; therefore, athletes will not be excused from actively participating in physical education lessons. Teacher discretion will be used in assigning the amount of activity to an athlete on the day of a competition. Student athletes will be held accountable for meeting all lesson objectives.

DRESS

- All students will participate in class whether they are dressed for activity or not. Students who are not dressed appropriately to meet the day's objectives will perform an alternate activity in their target heart rate zone to receive a 60% grade for the day.
- Students will have 5 minutes to dress from the time that the late bell rings before being considered tardy. Multiple tardies will be assigned a detention according to school policy.
- Learning to exercise in a variety of weather conditions is a part of the curriculum; it is the student's responsibility to dress appropriately for the weather during outside activities. Students will be given the opportunity to purchase NA PE winter exercise clothing or they can provide their own. Cold weather clothing must include a: hat, gloves, jacket, and pants. (Specific suggestions for dress are on the NAI PE website <http://www.northallegheeny.org/academics/physed/nai/naihome.htm> under "Policy for Outdoor Classes".)
- Class items students must have include: (Can purchase with one check made out to NAI):
 - Physical Education Uniform (**North Allegheny PE Shirt**, Shorts, Tennis Shoes) are required during all classes
 - Cotton NA PE Shirts are available for \$7, Dri-Fit \$15 (Recommended)
 - Additional items such as Sweatshirts, Sweatpants, Hats and gloves can also be purchased for an additional cost
 - For safety reasons no jewelry is permitted in class.
 - Heart Rate Monitor straps can also be purchased for \$15 (Recommended)
 - Locks are strongly suggested during PE. **You must provide your own locks.**
- The school is not responsible for students' personal belongings. All belongings including locks must be removed from student PE lockers daily. Locker rooms will not be locked during the class period. Items too large to fit in lockers may be brought out to the activity area with the student.

MISCELLANEOUS NOTES

- ✓ North Allegheny School District has a zero tolerance policy for the harassment and intimidation of others.
- ✓ Foul language will not be tolerated.
- ✓ Students are not permitted in the locker room area during classes without teacher permission.

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Please click on the link below to acknowledge that you and your parents have reviewed the syllabus.

https://docs.google.com/a/northallegheeny.org/forms/d/10C880ldsH3rAA4zdLgxCdc-Ub7-s-QA29srG1OrW_3w/viewform