

Redmond High School Physical Education Department Course Description and Expectations

Focus: General overall fitness classes which will include: Weight Training, badminton, pickle ball, basketball, volleyball, flag football, soccer, ultimate Frisbee, softball, tennis and other sports. Assignments will include written tests and weekly fitness sessions.

Goals: The goals of this PE class are to provide the opportunity for success for every student regardless of physical abilities. This class will present activities in a way that will encourage effort, respect for others, positive attitude, sportsmanship, cooperation, and improvement. Teaching reinforcement and evaluation of these behaviors are primary objectives. Skill and performance aspects of physical education are important. The grade in PE will reflect your ability to meet the following expectations on a daily basis. Regular attendance with daily participation, and most importantly suiting up in PE required uniform, will help maximize student's grades, this is paramount to each student's success in Physical Education. Our primary objective is for students to incorporate successful goal setting and fun with fitness and a desire to continue active participation post physical education class!

RHS students are:	The Redmond Way
Respectful	<ul style="list-style-type: none">• We treat ourselves, our school, and others with kindness.• We empathize with others.• We bring a positive mindset and proper materials every day.
Honest	<ul style="list-style-type: none">• We speak and act in a truthful way.• We try our best no matter the circumstance.• We turn in work that represents our own thinking.
Safe	<ul style="list-style-type: none">• We follow rules because they are designed to keep us safe.• We ask an adult when we need help.• We make appropriate, healthy, and lawful choices.

Grading are Based on Tests, Assignments and Participation Points

Points are broken down by individual teacher. Participation per day below:

4 points – Outstanding participation

- Excellent levels of caring and effort regardless of their ability
- Seek extra help for skill development
- Willing to help and encourage others
- Student is prepared, cooperative, support and attentive
- Excellent SPORTSMANSHIP

2 Points – Involvement

- Demonstrates self-control, but is either Tardy or not fully suited up. Example- Not appropriate footwear.
- Participation is evident, however student needs to be motivated and reminded about the importance of participation and effort during warmups or activities.

1 Point – Self-Control

- Not fully participating
- Not much effort, mastery or improvement
- Not able to control their behavior, causes disruption to learning or teaching

0 Points – Irresponsibility

- Unmotivated, unprepared, undisciplined/ Non-suited
- Making fun of other students
- Intentionally interrupting the learning process
- Misusing equipment, using profanity
- Being unsafe

Fitness Tracking

Reflection on Fitness

- Students will compete against their Personal Records (PR) in a series of Physical Fitness Tests, such as but not limited to: the Mile/Pacer/distance, Sit-ups, Push-ups, V-Reach, Pull-Ups, Flexed Arm-Hang, and Shuttle Run.
- They will be tracking their incremental improvement over the entire semester and writing Quarterly Goals for improvement.
- Students to get their points will have to track their data completely on their tracking form and complete all Fitness Wednesday work.

Attire-

- Students will follow the dress policy
- Uniforms must be purchased from the Book Keeper and students will present receipt to their teacher to receive uniform; Uniform consists of T-Shirt and Shorts; Names must be clearly written on shirt & Shorts with Black Sharpie; RHS Help is available for financial support for families.
- Black soled shoes are not allowed on the gym floor
- Tennis Shoes with laces are required, *Appropriate Shoes must be worn or you will not be allowed to participate at all.*
- Students must change out of school clothes to participate in class; *No Jeans or other school clothes can be worn under the uniform...Points will be deducted.*
- No jewelry
- Under no circumstances may the PE uniform be altered in any fashion

Non-Suit Policy

- 0 points for the day...Students may not make up points

Tardy Policy

- See student handbook
- Students are Tardy if they are not in role Lines, in the Assigned location of the gym, before the teacher takes attendance.

Locker Rooms- *RHS is not responsible for Lost/Stolen Items*

- Each student is issued a lock/locker for use during PE
- Do not give out your combo!
- Lock up your belongings!
- Students will not have access to the locker room before and during class
- Go to the bathroom, get a drink before you get to class
- Students have five minutes to change at the beginning and end of class

Students, please keep this expectation sheet in your class folder

Please acknowledge that you and your parents/guardian have read this course description by signing and returning this to Mrs. Barashkoff, Ms. Ewing, Mr. Pluschke, Mr. Rimkus or Mr. Rubin.
Thank you.

Students **Printed** Name : _____

Student's signature _____ Date _____

Parent/Guardian signature _____ Date _____

Parents, if you can be contacted by e-mail please give me your address:

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