

Nava College Preparatory
Physical Education Department
Course Syllabi

COURSE DESCRIPTION:

Physical Education is a one-year, graduation requirement course in the 9th and 10th grade. It is an elective course for the 11th and 12th grades. All students must take and pass the FitnessGram by the 10th grade. Not passing the FitnessGram will result in one (1) more semester of PE until the FitnessGram is passed. The students will participate in team sports composed of but not limited to volleyball, football, basketball, soccer, and softball. Also, the student will participate in individual sports composed of but not limited to track and field, badminton, and handball. The major emphasis of these lessons will be skill based and exploratory.

OBJECTIVE OF THE COURSE:

The high school program includes many sports activities for the students to master. These activities provide an opportunity for the student to learn the skills, rules, and attitudes necessary for learning the team and individual sports. The objectives will be in five main areas:

1. Skills in team and individual sports
2. Physical fitness
3. Self-improvement, social development and interactions
4. Sportsmanship
5. Recreational interest

CLASS EXPECTATIONS:

1. Proper dress; **Nava SHORTS, Nava T-SHIRT, & TENNIS SHOES.**
2. Daily dynamic warm-up related to physical activity consisting of various calisthenics
3. Introduction to activities
4. Demonstration of activities
5. Practice and review of skill learned

HOMEWORK:

Homework assignments will be assigned by the teacher's discretion.

DISCIPLINE AND BEHAVIORAL POLICIES:

Students are expected to follow all guidelines set by the teacher:

1. Students must be on time and sitting down in their roll-call order.
2. Students must be dressed in the appropriate P.E attire.
3. Students must actively participate in all class activities.
4. Students must show respect for all teachers, students, and equipment.

CONSEQUENCES FOR NOT FOLLOWING THE CLASSROOM POLICIES:

Students earn daily points for their participation and behavior. Violation of any set policies will result in a loss of some or all points according to teachers' discretion.

Restorative Justice
School beautification
Phone call home
Parent conference

GRADING POLICY PER SEMESTER:

Every student begins with an "A" it is your job to keep it!

| | |
|--------------|---|
| 90%-100%= A | 40% MEETING CONTENT STANDARDS |
| 80%- 89% = B | 30% PHYSICAL FITNESS |
| 70%- 79% = C | 30% CLASSROOM ASSIGNMENTS & MANAGEMENT |
| 60%- 69% = D | |
| 0% - 59% = F | |

Nava College Preparatory
Departamento de Educación Física
Programa de Estudios de Curso

DESCRIPCIÓN DEL CURSO:

Educación Física es un curso de un año en el grado 9 y 10. Es una asignatura optativa para los grados 11 y 12. Todos los estudiantes deben tomar y aprobar el FitnessGram. Todos los estudiantes deben tomar y aprobar el FitnessGram por el 10 ° grado. No pasar la FitnessGram dará lugar a un (1) semestre más de PE hasta que se apruebe la FitnessGram. Los estudiantes podrán participar en los deportes de equipo compuesto por pero no limitado al hockey, voleibol, fútbol, baloncesto, fútbol, y el softbol. Además, los estudiantes podrán participar en deportes individuales compuesta por pero no limitado a pista y campo, bádminton, y el balonmano. El mayor énfasis se exploratorio.

OBJETIVO DEL CURSO:

El programa de la escuela secundaria incluye muchas actividades deportivas para los estudiantes a dominar. Estas actividades son una oportunidad para que el estudiante aprenda las habilidades, normas y actitudes necesarias para el aprendizaje de equipo y deportes individuales. Los objetivos serán en cinco áreas principales:

1. Habilidades de equipo y a los deportes individuales
2. Aptitud Física
3. Auto-mejoramiento, desarrollo social e interacciones
4. Ética Deportiva
5. Interés Recreativo

EXPECTATIVAS DE CLASE:

La dignidad del vestido;

1. Pantalones cortos de Nava, Camiseta Nava y zapatos tenis.
2. Dinámica diaria de calentamiento relacionado con la actividad física
3. Introducción a las actividades
4. Demostración de las actividades
5. La práctica y el examen de habilidades aprendidas

TAREAS:

Las tareas serán asignadas por el profesor a su discreción.

DISCIPLINA Y CONDUCTA DE CLASE:

Se espera que los estudiantes sigan todas las reglas establecidas por el profesor:

1. Los estudiantes deben estar a tiempo y sentarse en su votación nominal.
2. Los estudiantes deben estar vestido/a con el traje adecuado para clase.
3. Los estudiantes deben participar activamente en las actividades de la clase.
4. Los estudiantes deben mostrar respeto para todos los profesores, e estudiantes,

CONSECUENCIAS DE NO SEGUIR LAS REGLAS DE CLASE:

Los estudiantes ganan puntos por su participación y su comportamiento. Violación de cualquier conjunto políticas se traducirá en la pérdida de algunos o todos los puntos de acuerdo a los maestros discreción.

1. Embellecimiento de la Escuela
2. Detención
3. Conferencia con los padres

POLIZA DE GRADO POR SEMESTRE:

Cada estudiante comienza con una "A" es su trabajo para mantenerla!

| | |
|--------------|---------------------------------------|
| 90%-100%= A | 40% NORMAS |
| 80%- 89% = B | 30% APTITUD FÍSICA |
| 70%- 79% = C | 30% TAREAS DE CLASES Y GESTIÓN |
| 60%- 69% = D | |
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Locker Room Procedures

In the locker room safety is our priority hence no glass will be allowed including bottle perfume/cologne. Other items not allowed in the locker room include but are not limited to spray deodorants or body sprays, aerosol sprays of any kind, lotions of any kind and/or food or drinks (with the exception of water). Students may not write in or on lockers nor may they place stickers or anything that may cause permanent damage to the locker. Furthermore any item that may harm or injure another student or staff member is strictly prohibited.

Your child will be given 5 minutes to enter and exit the locker room area. Rules are enforced to ensure the safety of every individual that enters the locker room.

THIS IS A STUDENT-TEACHER-PARENT CONTRACT THAT MUST BE FOLLOWED TO ENSURE SAFETY

I have read and I understand the RULES AND REGULATIONS of Central Region Middle School Physical Ed. Dept.

Student's Name: _____ Teacher's Name: _____ Period: _____
Parent Signature: _____ Student Signature: _____
Cell Phone Number: _____ Permission to Video Photograph class activities: YES ___ NO ___
PLEASE LIST ANY MEDICAL CONDITIONS:

PLEASE RETURN THIS PAGE TO THE PHYSICAL EDUCATION TEACHER

Procedimientos En Los Vestuarios

En los vestuarios seguridad es nuestra prioridad, por tanto, no se permitirá de vidrio con botella perfume/colonia. Su hijo/a se le darán 5 minutos para entrar y salir del área de vestuarios. Las normas se aplican para garantizar la seguridad de cada persona que entra en el vestuario.

**ESTO ES UN CONTRATO PARA EL ESTUDIANTE/PADRES, Y MAESTRO
QUE SE DEBE SEGUIR PARA GARANTIZAR LA SEGURIDAD PARA TODOS**

He leído y entiendo las reglas y reglamentos de la escuela Dr. Julián Nava Academia de Aprender Departamento de Educación Física

Nombre del Estudiante: _____ Nombre del Maestro: _____ Periodo: _____
Firma del Padre: _____ Firma del Estudiante: _____
Teléfono Celular: _____ Permiso de tomar vídeo y fotografía de actividades: Si ___ No ___
Por favor lista cualquier condición médica: _____

POR FAVOR DEVUELVA ESTA PÁGINA CON EL PROFESOR DE EDUCACIÓN FÍSICA

Class Absences/Make-Ups

All missed work must be completed. Students cannot make-up daily participation points. All Physical Fitness assignments must be completed (see make-up schedule below), except in cases of long-term absence due to injury. Keep in mind that only missed work can be made up. Students may not re-submit assignments for replacement credit to compensate for poor work quality. Always submit your best work.

**Physical Fitness Make-Ups
Every Tuesday @ 2:00 PM**

Medical Limitations

It is important to note that medical notes from home are valid for up to 2 days. Beyond that a doctor's note is required that states **exactly** what the student can and cannot do. Students with injuries that limit participation more than 3 consecutive weeks will be given alternative assignments.

Parent Note:

- Excused for 1 – 2 days
- Complete Teacher Assignment
- Must make up assigned work

Physician Note:

- Excused for 4 days or more
- Complete Alternative Teacher Assignments

Nava College Preparatory
KIN Cross-Training
Course Syllabi

COURSE DESCRIPTION:

This course is designed to improve cardiovascular efficiency, muscle strength and overall conditioning for intermediate level to advanced students. This is a cross training program combining functional training with cardiovascular training using an organized circuit framework. Flexibility training is also emphasized to enhance skeletal range of motion. Mastery of information on exercise methods and principles, physiology of the human body, fitness evaluation methodologies, and nutrition education is an expected student outcome.

LEARNING OBJECTIVES:

1. Define terms and apply concepts that describe components of fitness
2. Compare and contrast the differences between aerobic exercises and anaerobic training, and explain the value of cross training
3. Demonstrate the appropriate physical skills necessary to maximize performance in class activities
4. Participate and practice in a variety of fitness and skill improvement activities improving the components of fitness
5. Perform and demonstrate proper body mechanics, postural awareness, breathing, and safety during all exercises
6. Calculate individual heart rate in training zone
7. Utilize focus and concentration techniques to improve performance and outcomes while exercising
8. Understand core concepts of nutrition for performance and maintaining a healthy weight and lifestyle

CLASS EXPECTATIONS:

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2. Daily dynamic warm-up related to physical activity consisting of various calisthenics
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4. Demonstration of activities
5. Deliberate Practice and review of skill learned

HOMEWORK:

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