**GIRL’S PHYSICAL EDUCATION SYLLABUS** **2020-2021**

**The Lutheran High School of Kansas City**

H Block

Class times: M- 2:04-3:00, W- 1:30-3:00, TH-1:30-3:00

Instructor: Mrs. Jonelle Hizer, B.A.-Biological Sciences, M.S.-Education

E-mail: [jhizer@lhskc.com](mailto:jhizer@lhskc.com)

Phone: (816) 241-5478

Plan time: F block

**Course Description:** In Girl’s Physical Education class, physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various activities we will learn how to incorporate physical activity in their daily lives, as well as promoting the importance of maintaining physical fitness.

**Methods:** The methods of physical education students will be engaging in are:

* Group activities: basketball, volleyball, nerf dodge ball, softball, handball, floor hockey, badminton, tennis, golf, kickball, flag football, etc.
* Individual activities: yoga, zumba, dance, cardio kickboxing, weight lifting, fitness programs, end of the year fitness tests, etc.
* Outside of school activities: bowling, tennis, golf, etc.

**Virtual Learning**

* If students are out for an extended period of time, due to COVID or other sickness, they will be exempted from P.E. classwork with a doctor’s note.
* If the school goes all virtual, we will still have P.E. We’ll meet via zoom for workouts and I’ll post activities for you to complete at home.
* Please refer to Mrs. Hizer’s google classroom for posted materials

**Expectations for class conduct**

* Be prepared for class: dressed out
* Respect yourself and others: no verbal putdowns or disruptions tolerated, respect the property of others
* Listen to directions
* Follow school handbook
* Respect and appropriate behavior shown toward instructor
* Change clothes in bathroom by gym, leave nothing behind, everything needs to go in your gym bag/backpack. Bring your gym bag with you to Mrs. Hizer’s classroom, N107 to leave in classroom. This is where we will meet.
* Mondays and Thursdays we will either go to a room in the South Hall, outside, or to the weight room, (depending on the unit). Wednesdays we will either go to the gym or outside. Due to COVID, outside activities are preferred, so plan on going outside most of the day, dress appropriately for the weather!
* Dress out daily: Gym attire needs to be athletic wear i.e. Work out Shorts (appropriate length), capris or pants, workout shirts (sleeved or can be sleeveless but must cover your bra and stomach- no midriffs,) closed toed and backed athletic tennis shoes, and socks.
* We will wear masks inside during most activities (unless told otherwise), when outside and when in the gym, however, if we can properly social distance during the activity, we can unmask. Students should plan on wearing a mask and always having it with them.
* **No cell phones**, make-up, gum, or food or drink (except water): if your cell phone is visible or audible it becomes mine until the end of the block. If this becomes an excessive issue, other disciplinary measures will be put into place. **Cell phones and all your supplies/clothes need to be zipped up in your gym bag/backpack and not visible. Do not bring them with you to the gym or workout room! You will leave your bag/phone in Mrs. Hizer’s room which will be locked. If it is out and I see it, I will turn it into the office. If you need to know the time, please wear a watch.** You may have your water bottle outside of your bag to hydrate.
* Sickness/injuries: A note is required from your parent and/or doctor if you are injured or something prevents you from participating in physical education class. You will still be required to come to class and do what you can. If this happens more than 3 times a quarter, physical education assignments will be assigned to makeup points missed. In addition, if you are absent more than 3 times a quarter, you will be assigned alternate work to makeup points missed. If you are absent due to COVID, you will be exempted for the time you are absent.

**Participation Expectations:**

* Full participation for the ENTIRE class is required to earn the day’s participation points.
* Once the late bell has rung you have five-six minutes to get dressed. No loitering or wasting time. If you are still dressing out and not present in the classroom while I am taking attendance or have started the activity for the day, you will lose points.
* Students are expected to have a positive attitude throughout the entire class.
* Students are expected to give their PERSONAL BEST effort during all activities.

**Consequences for poor behavior/bad choices/not participating/not dressing out**

* 1st- Light warning: this could be verbal, look
* 2nd- Major warning: this could be conference, note, verbal
* Parental/Guardian contact: this could be phone call, e-mail
* Detention: after parent has been contacted students will be subject to detention for same offense
* Referral to Disciplinarian and Parental contact
* Students may be immediately referred to Disciplinarian if they do not heed warning and there is a constant disruption to the learning process.
* Not fully participating or dressing out will negatively impact your grade

**Advantages for good behavior/good choices/participating in activities**

* Respect from instructor and peers- this is a great thing! You must give respect to earn respect
* Good grades- and even better, finishing this course with an appreciation for physical education
* Parental/Guardian contact: acknowledging excellence, this could be phone call, e-mail

**Evaluation- “H-TEAM” (Hizer’s H Block TEAM)- 45 possible pts. daily**

* “**H**”- Full **Hour**/block’s worth of participation (10 pts.)
* “**T**”- **Tardies**- lose points for not being ready to start on time (5pts)
* “**E**”-**Energy** level/**effort**: giving your PERSONAL BEST effort (10 pts)
* “**A**”- **Attitude**: Positive attitude during the activities, good sportsmanship (10pt)
* “**M**”- **Materials**: Dressed out in appropriate athletic wear (10 pts)

**Required Dress out clothes for Girls P.E.**

* Work out shorts (appropriate length), capris or pants
* Workout shirts (sleeved or can be sleeveless but must cover your bra and stomach- no midriffs)
* Closed toed and backed athletic tennis shoes
* Socks
* Gym bag to store clothes, cell phones, etc. **(cell phones will be kept in bag, not out!)**
* **Mask**

**Calendar:**

The following are units and activities we plan to participate in during P.E. this year. \*Please note that the teacher may adjust these activities at any time.

**First semester:**

Week of Aug 19th- volleyball/kickball

Week of Aug 24th- volleyball /kickball

Week of Aug 31st - Tennis unit (go to tennis courts at Minor Park)

Week of Sept 7th- No School on Monday

Tennis unit (go to tennis courts at Minor Park)

Week of Sept 14th- No school on Monday

Tennis unit

Week of Sept 21st - soccer unit

Week of Sept 28th – soccer unit

Week of Oct 5th- soccer unit

Week of Oct 12th- weight room/badminton unit

Week of Oct 19th – weight room/badminton unit

Week of Oct 26th- weight room/speed ball unit

Week of Nov 2nd – weight room/speed ball unit

Week of Nov 9th- weight room/crossfit activities

Week of Nov 16th- weight room/basketball unit

Week of Nov 23rd – weight room/Wednesday/Thursday- No school for Thanksgiving break

Week of Nov 30th - weight room/basketball unit

Week of Dec 7th – weight room/basketball unit

Week of Dec 14th - Health day (meet in Hizer’s classroom)

Wednesday/Thursday -Finals- no P.E. class

**Second semester:**

Week of Jan 25th – yoga/floor hockey unit

Week of Feb 1st - yoga/floor hockey unit

Week of Feb 8th – yoga

Wednesday/Thursday - bowling unit (travel to local bowling alley)

Week of Feb 15th- No school on Monday for President’s Day

Wednesday/Thursday- bowling unit (travel to local bowling alley)

Week of Feb 22nd – kickboxing/handball unit

Week of March 1st - kickboxing/handball unit

Week of March 8th – kickboxing/handball unit

Week of March 15th- No school- Spring break

Week of March 22nd – weight room/golf unit

Week of March 29th – weight room/golf unit

Week of April 5th – weight room/golf unit (field trip to Top Golf)

Week of April 12th- weight room/wrap up golf

Week of April 19th- weight room/ Softball/ragball

Week of April 26h - weight room/ Softball/ragball

Week of May 3rd- weight room/teacher’s choice: dodgeball, speedball, gagaball, bear/mosquito/fish

Week of May 10th- weight room/ end of the year fitness testing/Crossfit

Week of May 17th- Monday- meet in weight room (last day of P.E.)

Wednesday/Thursday- Finals- No P.E. class

**Parent and Student Signatures:**

This syllabus is for students and parents to keep for reference. Feel free to contact me anytime (note that I may not be able to answer e-mails/calls during instruction time, but will get back to you ASAP). A parental and student signature is required to acknowledge you have reviewed the policies. Below is the signature form.

Class name: **Girl’s Physical Education** Block: H

I have read and understand the syllabus for Mrs. Hizer’s Girl’s P.E. class. I agree to follow the rules and guidelines that have been established in each of the following areas:

(Please check)

☐ Dress code **(Note: students will wear masks for some activities (inside) but will NOT maintain a 6 ft distance from each other while participating in some sports activities)**

☐ Participation entire class

☐ Be on time, dressed out ready to go, or lose points

☐ Positive attitude/good sportsmanship

☐ Effort/energy level- giving your PERSONAL BEST effort

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I also give permission for my child to ride with either another student driver or Mrs. Hizer to and from various locations (such as a local bowling alley, tennis courts, golf driving range, Top Golf, etc) throughout the school year during the P.E. class block.

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_