



Faculty

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Physical Education Syllabus

OUR MISSION

To provide quality physical education that empowers all students to learn, develop, and apply the skills needed for daily participation in personal fitness and lifetime activities.

Physical Education: Freshman Year

Personal Fitness CPR and Adventure Ed
Fitness Integration Through Sport Wellness

Physical Education: Sophomore Year

Dance Du Jour Fitness Consumerism Swimming

Physical Education: Junior/Senior Electives

APF Self Defense Peer Partners Rock Climbing Jr. Leaders Futsal
BodySculpt Tennis Basketball Jazz Dance Softball Badminton Dance of
Decades Soccer Floor Hockey Tap Dance Wildcathlon Hip Hop
On Broadway Ultimate Frisbee Volleyball Pickleball Flag Football Lifeguarding

Physical Education: Adapted

9-12 Adapted PE Jr/Sr. Peer Partners

The physical education staff at Neuqua Valley High School is committed to offering one of the most comprehensive physical education programs in the nation. The Neuqua Valley Physical Education Department was awarded the Blue Ribbon Award from the Illinois Alliance of Health, Physical Education, Dance and Recreation for having one of the top programs in the state of Illinois. This award was a direct reflection of the professional physical education staff and the outstanding students they impact on a daily basis. The freshman and sophomore curriculum is predetermined for students with a wide variety of activities, including important life skills such as swimming, CPR, personal fitness, dance and a number of team sports skills.

The junior/senior curriculum is comprised of units that are typically four weeks in length. Every unit usually includes a choice from the categories of fitness, dance, team sports and individual sports. This allows our students to experience a wide range of activities that will contribute to a lifetime of wellness. Neuqua Valley also has an award-winning adapted physical education program for selected students, as well as a peer partner program that operates in conjunction with the adapted program. This allows selected juniors and seniors the opportunity to provide mentorship to students with a variety of abilities.

Grading: In our physical education program, we assess students' cognitive and psychomotor performance, while continually working to enhance the affective domain as well. While physical education may require times of subjective analysis of student performance, we will use objective data to assess when at all possible. This psychomotor analysis may include rubrics or checklists and will be technique driven vs. outcome driven. Students will be held to high standards and challenged each and every day.

Len Penkala (PE)
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Denise Woytowych (Pool Aide)
BS, George Williams College

Grading Scale:

100-90 A Demonstrates outstanding progress
89-80 B Demonstrates above average progress
79-70 C Demonstrates average progress
69-60 D Demonstrates minimum acceptable progress
59-0 F Demonstrates unacceptable progress

Physical Education Gr

Participation: 60%
Written Assessment: 25%
Skill: 15%

Participation: Participation makes up 60 percent of the unit grade. This grade will be based on a 5 point daily rubric system. Grades may be determined both objectively and subjectively. Use of heart rate monitors, pedometers and other technological devices may assist in determining this grade. In addition, student behavior may also affect this grade. Cardio. days (Wednesdays) will also have an additional 5 points as part of a participation assignment. This makes cardio days worth a total of 10 points.

Dress: We believe that students are entitled to dress similarly as they would when working out at a nice health club. All students need to wear appropriate Physical Education attire (shorts, t-shirt, athletic shoes). A "No Dress" will result in a 10 percent deduction and the drop of a letter grade for that unit. There is no reason for a no dress as there are rentals available for \$1.00. This includes shorts, shirt, and/or shoes. We will work with students with insufficient funds. School policy against sports bras, spaghetti straps and other clothing are enforced during P.E. and should be followed.

Attendance: Students must be in attendance in order to accomplish course objectives. Please see the make up policy below for excused absences. Unexcused absences will result in a 10 percent deduction and will result in the drop of a letter grade for that unit. Any combination of 4 no dresses or unexcused absences in a quarter will result in a failure for the quarter and 8 occurrences in a semester will result in a failure for the semester.

Tardies: Students must be dressed and sitting neatly in attendance lines by 5 minutes after the bell rings. The school tardy policy will be followed and participation points may be affected as well.

Written Test/Assessment: Assessments will account for 25 percent of the unit grade. Assessments may include: written tests, quizzes, online tests, and/or alternative assessments.

Skill: Each unit will have a skill grade which will be worth 15 percent of your grade. Emphasis will be placed not on outcome as much as the process.

Quarterly Make Up Policy: When students cannot be in attendance for class, we expect that they will make up this workout time they have missed. Upon the 4th and subsequent excused absence(s), students can only make up these participation points by obtaining a make up form at www.nvhspe.com and complete the criteria outlined. Make-ups must be completed within the BFC campus cardio. room after school (open Mondays, Tuesdays, Thursdays and Fridays from 2:45 - 4:15). Unexcused absences and no dresses may NOT be made up; each incident will result in the loss of a letter grade for that unit.

Alternative Curriculum: Students who have medical reasons for not being able to participate in particular units or in P.E. as a whole will be required to earn their grade through the alternative curriculum. A student's classroom P.E. teacher will decide if the student will be required to participate in the physical or cognitive alternative. The alternative work is required to be turned in for each day of absence or the daily grade will result in a zero for the day. The alternative plan is located at <https://sites.google.com/ipspd.org/pe-medical-alternatives> .

Sophomore swim students who cannot participate in P.E. for medical or religious reasons will remain located in the pool area and perform daily routines on stationary bikes and/or pool stairs. These workouts are made to resemble the cardiovascular fitness benefits we are building in students participating in the swim unit.

Lost & Found: Due to the volume of lost and found, we will hold items for 14 days before using as rentals or donating them. Phones and valuables are turned in to the campus Student Resource Officer when found.

*** Please keep valuables at home! Theft does occur. The best prevention is to keep all valuables out of the locker room. The next best prevention is to keep items locked at all times! While we do have locker room supervision by our staff during passing periods, we can not be responsible for students' personal items. ***

Discipline: If necessary, discipline will include redirection, email home, phone call home, and/or referral to the dean.