



# Dallas High School Home of the Dragons



## Physical Education Activities

2013 - 2014

**Instructor:** Grant Boustead & Tracy Jackson

**Telephone:** (503) 623-8336 X 817

**Email:** [grant.boustead@dsd2.org](mailto:grant.boustead@dsd2.org) [tracy.jackson@dsd2.org](mailto:tracy.jackson@dsd2.org)

**Office Hours:** Tues-Friday 3:00-3:30, and additional times by arrangement.

**Prerequisite:** Fitness For Life & returning students with a grade of “C” or better.

**Course Description:** This course is a semester long class in which the student will enhance their personal physical development through participation in a variety of team, dual and individual sport and fitness-related activities. Strong emphasis will be placed on learning and following rules of play and safety considerations that make participation enjoyable for each student.

Activities may include, but not limited to: Soccer, field games (i.e. Hawaiian football, Ultimate Frisbee), Team Handball, Badminton, Volleyball, Tennis, Dodgeball games, kickball, basketball, and softball.

**Text:** None

### **Course Outline: First Semester**

	Unit Topic	Summative Assessment (Standards 1-3 are assessed, in part, on a daily basis)
Fall	Football and football variation activities, Volleyball and Volleyball variation activities, Kickball, Dodgeball and Dodgeball variation activities, Softball, Tennis, Ultimate frisbee	
Winter	Basketball and basketball variations, Team Handball, badminton, speedball, indoor soccer, Dodgeball games, Mat games, Capture the Flag, Danish rounders	
Spring	Softball, Tennis, Kickball, Field Games, Dodgeball games, Soccer & Soccer variations	

### **Standards to Be Assessed:**

Upon successful completion of the course, students should be able to:

1. Standard 1: Understand and apply rules of each activity in a sportsman-like fashion.
2. Standard 2: Perform the skill components of fitness for each activity to the best of their ability.
3. Standard 3: Improve the health components of fitness.

**Career Related Learning Standards:** Career-related learning standards (CRLS) are fundamental skills essential for success in employment, college, family, and community life. We have integrated the Personal Management standard from the CRLS into all courses at DHS. **This standard will be assessed and communicated independent of the academic grade.** It is included below and mainly includes behaviors that will be assessed in this course.

- **Personal Management Standard:** Exhibit appropriate work ethic and behaviors in school, community and workplace.
  - Students will come to class prepared to fully participate each class meeting
  - Students will take responsibility for decisions and actions and anticipate consequences of decisions and actions.
  - Students will maintain regular attendance and be on time daily.
  - Students will maintain appropriate interactions with colleagues.

### **Grading and Assessment:**

Student's final grade for each course will be broken down into two categories:

- 1) **Academic:** based on daily performances that measure effort, sportsmanship, and the ability to follow the rules for each activity.
- 2) **Personal Management:** based on being punctual to class, wearing proper PE attire and demonstrating a positive attitude.

**The Final grade is calculated as follows: 75%** of the course grade will be based on the **Academic** grade and **25%** on the **Personal Management** grade.

**Adaptations:** Special needs students will be given the opportunity to meet their individual needs through adaptation

**Unexcused non-dress and tardies:** Students will be marked tardy if not in the locker room before the tardy bell rings or fail to dress for class without an excused reason. Students will have five minutes to be on their assigned number in the gym or be marked tardy. Consequences for tardiness will follow the Dallas High School Tardy Policy found on page 7 of the DHS Student Handbook. A tardy or unexcused non-suit will result in a loss of "Pride Time" privileges. Points will be deducted from the student's personal management grade for each tardy and each unexcused non-suit during a 9-week grading period. Overly disruptive behavior may also result in loss of points.

**Make up for excused absences and excused non-performances:** Class time missed due to excused absence or excused non-dress must be made up within a two time period following the student's return. Makes ups are done during Teacher office hours (3:00-3:30, Tu.-Fri.), during an open period or through an alternative plan arranged in advance with your instructor.

**PE attire:** Students are required to follow the DHS dress code. Each student is expected to dress in PE shorts or sweat pants, t-shirt, socks and court shoes tied securely, so they will not come off during an activity. Shirts with obscene gestures or inappropriate sayings, emblems, etc. are unacceptable. Take clothes home to be washed at least once a week.

**Cell Phones and Electronic Devices:** Mobile phones are not to be in use or in open view within classrooms, restrooms, locker rooms, or during lockdown situations. Misuse of mobile phone or electronic device will lead to the following consequences:

- 1st offense - confiscated device is delivered to the main office and returned to the student at the end of the school day.
- 2nd offense - confiscated device is delivered to the main office where parent/guardian will be contacted to reclaim possession.
- 3rd offense – discipline referral for “insubordination”, parent contact, and student will no longer be allowed to have the device at school without administrator permission

Personal Communication Devices Board Policy:

<http://policy.osba.org/dallas/j/jfceb%20r%20g1.pdf>