



Dallas High School Home of the Dragons



Yoga/Aerobics/Pilates/Jogging

2013-2014

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Office Hours: Tues-Friday 3:00-3:30, prep time 7th period, additional times by arrangement.

Course Description: This is a semester long course that focuses on improving fitness, core body strength, balance, and flexibility. Students will participate in fitness activities five days a week. Students must earn a B or better in order to take the class again.

Course Outline

	Unit Topic	Summative Assessment
Unit 1	Posture while performing exercises	Daily visual assessment
Unit 2	Breathing Techniques	Daily visual assessment
Unit 3	Yoga Positions	Daily visual assessment Mid Term and Final over positions learned
Unit 4	Cardiovascular activities	Daily visual assessment Run/Walk a 12 min test as a pretest and post test

Standards to Be Assessed:

1. Standard 1: To educate students on the value of flexibility, balance, relaxation and fitness, and its effects on overall wellness
2. Standard 2: All students will acquire health promotion concepts and skill to support a healthy active lifestyle.

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 identify tasks that need to be done and initiate action to complete the tasks.
 - Students will plan, organize and complete projects and assigned tasks on time, meeting agreed upon standards of quality.
 - 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 assessments, tests, projects and performances that measure learning.
- 2) **Personal Management:** based on homework completion and other behaviors measuring the CRLS personal management standard.

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.

- Any items included in the Academic grade (PA) may be retaken and the higher grade recorded. Teachers may extend the retake time period, but as a rule all retakes need to be done within 2 weeks of the initial assessment.
- Students will complete extra preparation before retaking an assessment.
- Personal management work turned in late may be reduced by up to 50% credit.
- Retakes are not allowed on Personal Management assignments.
- Students must schedule performance retakes at their teacher's convenience. (Speech, drama, labs.)

Points will be deducted from the academic grade for the following:

1. Unexcused non-performance or unexcused absences (10 points per day)
2. Excused non- performance or excused absences (0-10 points per day)
Points may be made up.
3. Lack of cooperation, poor effort, poor attitude, or poor sportsmanship (0-10 points)

Points will be deducted from the personal management grade for the following:

1. Dress down in proper PE attire
2. Tardy
3. Absent

ABSENCES AND TARDIES:

Students will be marked tardy if not in the locker room before the tardy bell rings. Students then have three minutes to be on their assigned roll call number in the gym or they will be marked tardy. Consequences for tardiness will follow the Dallas High School Tardy Policy. This policy can be found on page 7 of the student handbook.

UNEXCUSED NON-PERFORMANCE:

Students are expected to dress down and perform every day. Students will receive two free unexcused non-performance days throughout the semester. On the third unexcused non-performance and subsequent non-performances will result in the student being assigned detention. When a student reaches five unexcused non-performance they will be referred to the Assistant Principal.

LOCKS & LOCKERS

Students will be issued a lock and locker for P.E. use only. You are required to use the assigned lock and locker during class time. Personal items left unlocked will be confiscated. Do not bring items to class if you cannot lock them up. Lost locks must be reported and will be replaced with a \$5.00 fine.

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>

MAKE UP WORK:

Points may be made up in the following instances only:

1. Excused non-performance - A note from your parent or doctor must be presented on the days you are unable to perform. (A doctor's note is required after three consecutive days in which you are unable to perform due to illness or injury).
2. Excused absences - Students will be allowed to make up missed class time.
3. Pre-arranged school athletic events - Students missing class and performing in a school related athletic event are excused if prearranged. (No make up is required)

Students have three options to make up excused non-performance - or excused absences. Make up forms may be picked up from your instructor.

- OPTION 1:** Students can choose to perform at SAQ's offered every Tuesday and Thursday. One full hour of SAQ's will equal a missed class period. A form must be filled out and returned to your instructor.
- OPTION 2:** Students with an open period may prearrange attendance in another P.E. class (instructor's approval required in advance).
- OPTION 3:** Special circumstances may require an alternative plan to be arranged in advance with your instructor.

PE COURSE GENERAL STUDENT RESPONSIBILITIES

A. Minimum Performance Requirements-60%

As a P.E. student, you must dress and perform at least 60% of the total days. Failure to do so will result in an "F". If a student was unable to perform for an extended period of time because of a doctor's excused injury or illness, other arrangements could also be made with the instructor.

60% EXAMPLE....Semester grading period equal to approximately 50 class days.

- a. 60% of 50 participation days= 30 days.
- b. Result – 29 or more non participation days = F

B. PROPER DRESS FOR P.E. ACTIVITY

Students are required to follow the DHS dress code. Each student is expected to dress in P.E. shorts or sweat pants, tee shirt, socks and P.E. type athletic shoes. Shoes must be tied securely enough so they will not come off during an activity. UNDER NO CIRCUMSTANCES ARE STUDENTS TO WEAR SHOES THAT HAVE HARD SOLES, SOFT BLACK SOLES, OR THAT MAY HAVE DIRT OR ROCKS IN THE SOLES ON THE GYM FLOOR! (BOOTS, SANDALS, AND SLIPPERS ARE UNACCEPTABLE FOR P.E. USE). Obscene gestures or improper "sayings", emblems, etc. are unacceptable. No rips or holes in clothes. Take your clothes home to be washed at least once a week.

C. Attitude and Effort

Good conduct and the following of all class rules are expected. Doing your best (making a good effort) says a lot about you as a person and certainly will make a difference in your grade. Always "try to do your best". Never quit or just go through the motions.

Parents: Please keep the rest of the syllabus. By signing this form, you acknowledge that you have read and fully understood the expectations, rules, and standards associated with (Fill in the name of your course here) . If you have questions, please call 503-623-8336 or email using the email address provided in this document.

Parent Name:

Parent Signature:

Parent email Address:

Parent Phone:

Student Name:

Student Signature: