

P.S.T. – P.E. SUMMER COURSE 2016

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Course Philosophy and Objectives:

The Physical Education teachers would like to inform you of the class policies and expectations of students enrolled in the summer P.S.T. course. The Utah State Core Curriculum is the basis for the material taught. The program is designed to give each student an opportunity to experience a variety of sports and personal fitness activities. It is our intention that students develop healthy physical fitness habits, which will continue throughout their lives.

Students will be encouraged to evaluate their personal progress and set their own fitness goals in the following areas: cardiovascular endurance, muscular strength and endurance, balance, flexibility and agility.

Students will be taught the fundamentals and rules for a variety of sports. We hope students will discover their own interest and continue to engage in some, or all, of these activities.

Grading Procedures and Grading Scale:

1. There will be eight written tests given, the pre-fitness test which will not be graded and seven tests that will be graded and all are worth 50 points. The tests are: volleyball, basketball, tennis, bowling, soccer, softball, and the fitness post-test.

2. The students will receive 40 points per day for participation and daily responsibilities. Participation includes **active involvement** in class; working cooperatively with teams and groups during each unit; willingness to try new things; regular attendance; appropriate dress; and punctuality. Students must demonstrate good sportsmanship; respect for others, including teachers; and play according to the rules of each sport.

3. Dressing appropriately consists of a light colored short-sleeve T-shirt with the student's last name printed on it in two inch black letters on the front and back. Names need to be visible and clearly printed. Students may also wear their school's P.E. uniform if the names are clearly visible. Students should wear modest shorts. The shorts/pants must fit around the waist. Underwear must not be showing at anytime! The length of the shorts must meet Jordan School District's dress code standards. Shirts

must also cover the midsection, no bare mid-ribs, no cleavage showing, and clothing must be modest. Socks and athletic shoes are mandatory. **Students must bring water bottles.** Convenient access to drinking fountains is not always available. Students who are not dressed appropriately will have points deducted. **Attention: if your student has asthma, please have a pocket in their shorts so they can carry their inhalers with them at all times!** Our student's safety comes first and they need to have immediate access to their inhalers.

The following behavior will cause a loss of points:

Talking when you should be listening	Loss of 5 points - minimum
Inappropriate language/swearing	Loss of 10 points
Tardy	Loss of 5 pts. 1 st 10 min. 10 pts after that
Lack of Participation/practice	Loss of 5 points - minimum
Poor behavior	Loss of 5 points
Not dressed or wrong clothing	Loss of 10 points
Misuse of equipment	Loss of up to 20 points
Cell phones (without permission)	Loss of up to 20 points
No gum, candy, food, pop, etc.	Loss of 5 points per infraction
Discipline issues	Removed from class; no credit/refund

Grading Scale:

100% - 93% = A 89% - 87% = B+ 79% - 77% = C+ 69% - 67% = D+ 59% = F
 92% - 90% = A- 86% - 83% = B 76% - 73% = C 66% - 63% = D
 82% - 80% = B- 72% - 70% = C- 62% - 60% = D-

Attendance:

Due to the condensed nature of this course, **students are not allowed to miss more than 2 days of class.** If they miss a third day, they are required to attend the entire make-up day after the session ends. If they do not make this day up, they will not earn credit. Also, students must participate to earn their participation/practice points. If a doctor provides a note stating that a student cannot participate on a day during the session, they will not receive participation/practice points but, if they come to class anyway, then they will be counted as present and will not need to make-up a day after the session ends, thus they only get a portion of credit for that day. **It is mandatory for all students to be to the end testing day. If an emergency arises they must be there the next day for the make-up day.**

Extra Credit:

Extra credit will be given if your student surpasses the state fitness requirements on the post testing, winning team competitions or being a team captain.

No Dressing Rooms Available:

No dressing rooms and lockers are available. Students are responsible for their personal belongings. Don't bring valuables. We will not be responsible for lost items since they should not be brought to class. Students must come to class dressed appropriately and be prepared when class begins.

Transportation:

Students are responsible for their own transportation to and from class, including off campus locations specified by instructors. **PLEASE BE PROMPT IN PICKING UP YOUR STUDENTS EACH DAY.**

General Rules:

1. Students will sign up for the off campus activities the second day of class. Students MAY NOT trade times. We are limited for space for the activities. Therefore make sure your student knows the specific time they want to attend and that they coordinate that time with you. Also, when a sheet is full, that means there is no more room. Please do not ask to fit into a sheet that is already full.
2. Students MAY NOT attend any other PST Session. They must only attend the one they are registered for. We have had problems with students and parents expecting to change activities and class sessions to meet their individual circumstances. We recognize there may be problems with a schedule, but PLEASE REMEMBER that this is a semester's credit being condensed into 15 days!
3. Candy/gum/food/pop, etc. are not allowed in class, except for activity days.
4. All equipment must be left alone until instructed to do otherwise.
5. Attendance will be promptly taken at the beginning and end of each session.
6. When the whistle blows, students must quickly sit down in roll-call order while equipment is being counted.

7. The instructor will dismiss students.
8. Jewelry should not be worn.
9. Vandalizing or stealing will be dealt with by the district administration or police.
10. Students must provide their own equipment for tennis and golf. Clubs may be rented at Mulligans. No sandals or flip flops on the hike.

Study Guides:

These are the steps to finding the study guides online:

- Jordan School District
- Resources
- Departments
- Curriculum and Staff Development
- Physical Education, Health and Wellness
- Secondary P.E. (in the red strip)
- PST

Attentions Parents and Students:

Please keep the disclosure and syllabus for your informational resources. Please fill out the attached sheet and return it signed tomorrow in class.

Students you may not make-up the final tests prior to the final testing date. If an emergency arises you must attend the make-up day the next day.

**I have read and understand the disclosure statement
for the Physical Skills and Techniques (P.S.T.)
summer course of 2016**

Student's Name Printed

Student's Signature

Parent's Signature

Date

Session #

Teacher

Please List any health issues we need to be aware of:

(This sheet needs to be returned tomorrow)