



## COURSE SYLLABUS:

Physical Education 10

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Website: [www.rachelwatkins.weebly.com](http://www.rachelwatkins.weebly.com)  
Academic Assistance Time: Before school on M, W, R, F 7:45 – 8:00  
After school any day 3:00–3:30

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### Course Description

Physical Education is important to the growth and development of students. Our program provides a variety of activities for all students, including students with injuries, chronic illnesses, or physical disabilities. If you are in school, you are expected to participate.

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### Course Prerequisites

none

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### Student Learning Objectives/Outcomes

The Physical Education courses at Becker High School are designed to allow the students to:

- develop their understanding of and interest in the skills necessary for participation in a variety of physical activities
- develop positive attitudes towards physical development of fundamental skills
- develop an awareness of and appreciation for the importance of leisure time activities and lifetime sports
- develop positive feelings toward one's self, respect and tolerance for those individuals who are less gifted, and good sportsmanship
- develop basic knowledge of human growth and development

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### Content Covered

Units covered in the Phys. Ed. 10 course will include:

Physical Fitness Testing	Softball	Tennis	Soccer
Flag Football	Swimming	Floor Hockey	Dance

Students will also be required to write a 3-5 page paper including a fitness plan.

Many of the units will be conducted outside. You will need to dress accordingly for the weather.

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### Suggested Course Materials

Students need to furnish their own uniforms for class. This will consist of an appropriate t-shirt WITH SLEEVES or sweatshirt, shorts (WITH AT LEAST A 5" INSEAM) or sweatpants, socks and tennis shoes. Inappropriate clothing will not be allowed (ie too short, too small, etc.). Clothing with objectionable saying and/or graphics will also not be allowed.

Students will furnish their own swimsuits and towels for the swimming unit. Girls are required to wear a modest one-piece swimsuit and boys are required to wear swim trunks.

Safety goggles are required for both 9th and 10th grade Phys. Ed. classes. They may also be required for an elective Phys. Ed. class. You can purchase goggles from the Phys. Ed. Dept. for \$3.00.

ALL students will be issued a black faced combination lock at the beginning of the quarter. You will be responsible for that lock for the duration of the quarter. It will need to be turned in to your teacher at the end of the quarter. Replacement cost for the lock is \$5.00. For security reasons, you must use a school issued lock. All other locks will be cut off.

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### Course Links

Turnitin.com

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### Grading Scale and Information

BHS Unified Grading Scale

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

Note: College in the schools classes are subject to their own grading scale.

Other grading information:

Your final grade will consist of the total accumulated points from the units taught throughout the quarter. Each unit will be graded based upon 3 criteria; participation, skill, written test. These three criteria each account for 1/3 of the unit grade. Student failing two (2) units will receive a failing grade for the quarter.

There is NO extra credit

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### Course Policies

Students need to be on time to class ready for participation in the daily activity. You are to be in the locker room when the bell rings. You will be dismissed from your respective hallways when the bell rings at the end of class. Leaving class early will result in a lowered grade.

Make - up work:

If you miss a day of class due to an excused absence, you can earn back the daily points by attending a scheduled make up time. These will be held before (7:30 a.m. -8:00 a.m.) or after (3:05 p.m. - 3:35 p.m.) school. You will need to schedule this time with your teacher prior to the time you would like to come in to make up the time. Make up time needs to be completed within 2 weeks (10 school days) from the date of the absence. This option is available for excused absences only. Unexcused absences receive a zero. Prearranged absence time should be made up before the date of the absence.

Respect for others, the safety of others, and your safety of is our top priority in this class. Any infraction of this will result in your removal from an activity and/or class.

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### Medical Exceptions for Participation

A student may be excused from an activity if an acceptable WRITTEN response is presented.

- from parent/guardian ... 1 day excused
- from the school nurse ... 1 day excused
- from a doctor ... excused for the length of time stated by the doctor. If a doctor's note is presented for missing any class time, then a doctor's clearance must be presented to resume activity in class.
- from other school staff ... this would include field trips, competitions, anything that would cause you to miss class for a school event.

Medical reasons for not swimming will be accepted if confirmed by a doctor's request.

Long-term medical issues will be handled on an individual basis. Alternate activities may be an option.

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### Citation/Plagiarism

Your final paper will be turned in to turnitin.com. Students plagiarizing their final paper will receive a zero for the assignment and may fail the class.

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### Additional Information:

Wash Phy. Ed. clothes regularly.

Food and/or beverages are NOT allowed in class or in the locker room

Proper treatment of equipment is required. Students will pay to replace damaged equipment.

Deliberate mistreatment of school equipment will result in your removal from class.

Horseyplay, vandalism, swearing, teasing, and harassment will NOT be tolerated in class or in the locker room.

**iPods/MP3 players/cell phones are NOT allowed in class**

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(Detach and return to teacher)

**I have read and understand the Objectives, Policies and Grading used in 10<sup>th</sup> Grade Phy. Ed.**

**STUDENT SIGNATURE** \_\_\_\_\_

**PARENT SIGNATURE** \_\_\_\_\_