ADVANCED PHYSICAL EDUCATION

TEACHER INFORMATION
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COURSE DESCRIPTION AND OBJECTIVES
Advanced Physical Education will provide learning opportunities for students to further develop skills and knowledge related to fitness, physical competence, cognitive understanding and positive attitudes about physical activity that promote a healthy and physically active lifestyle. Students will acquire knowledge and skills in recreational, athletic and lifetime activities. The emphasis is on active participation, sportsmanship, teamwork, developing organization skills and supporting reading and writing across the curriculum. For units done in general physical education, advanced skills will be assessed; many of the units will differ from general physical education class. Students will also create their own fitness plan that they will then implement individually and collect results. FitnessGram activities will assess students’ physical fitness levels and help establish personal goals.

GRADING POLICY AND REQUIREMENTS FOR CREDIT
Student growth will be measured with a variety of psychomotor, cognitive and affective domain assessments per the NASPE (National Association for Sport and Physical Education) standards. Grades will be weighted per the following categories: psychomotor (skills), affective (behavior/sportsmanship/participation), cognitive (knowledge of sport, skill, etc.). Reading and writing-across-the-curriculum assessments will also be a part of physical education. Also, each semester’s weights may vary. The focus and objectives in each unit vary, as will the amount of grades received per domain.

PARTICIPATION
In order to be physically active, you need to be present and participate in warm-ups, daily activities and cool downs. A day that you may be medically excused doesn’t mean that you are excused from participating in modified activities as well as in sportsmanship and encouraging other students in the class.

DRESS
Just as you need to have the novel you’re reading in English class along with pen and paper and your lab coat, goggles and gloves in a science lab, the same requirements for material and dress go for PE class. You are to change every day into clothes other than what you wore to school. Proper dress includes athletic wear such as: athletic shoes with laces, t-shirts that are sleeved or at minimum covering shoulders, sweatshirts, sweatpants and/or shorts and athletic socks. NO jeans, jean shorts, stretch pants, coats, altered shirts, tank tops of any kind or non-athletic shoes. As is the same for other classes, if you do not bring the required dress items for PE, you will be able to borrow from the PE class clothing collection in order to participate in class.

A few reminders:

• Personal hygiene is a priority. Remember to bring/wear **deodorant** (not just body sprays) and other toiletries and that the showers are available.

• It is best not to loan out your clothes.

• Jewelry must be removed for PE activities for safety of the individual and others.

• Gum, food, candy and beverages are not allowed in the gym, locker rooms or playing fields.

• Electronic devices are not permitted in class during instruction or while participating in sports activities unless given permission by the teacher. You are permitted to listen to music during specified times ONLY.

• All athletes will be required to dress out and participate in PE class on game days.
ABSENCES, TARDIES AND MEDICAL EXCUSES
You need a doctor’s note to be excused from PE. Notes from home such as “not feeling well” will not generally be accepted. Teacher’s discretion will be given to injuries without a doctor’s note. Teacher’s discretion will also be used for long-term injuries with some type of adapted instruction/student participation—per compliance with doctor’s consent—or make-up work to earn a grade and credit for PE class. You must be in the locker room at the class start time otherwise it will be considered a tardy.

LOCKER ROOM PROCEDURES
You will have access to the locker rooms and a personal locker. A few reminders:

• Only Centreville-issued locks are to be used—if you lose the lock, you will be charged $10. Failure to return the assigned lock at the end of the semester/school year will result in a $10 fine. All other locks will be cut off.
• You must lock up your possessions.
• Do not let your combination be known to any other students and be careful that you are not being observed while dialing your combination. Check that the lock is secure by rolling the tumbler and pulling down on the lock. Make sure your locker is secure before you leave, as our home and visiting athletic teams use the locker rooms to change.
• Do not use your gym locker to store books, lunches or money that you will need during the school day.
• The PE teacher/department is not responsible for lost or stolen items. All items left in the locker room will be placed in the lost and found in the jr./sr. high office.

Access to the locker rooms will only be available at the beginning and end times designated per class. Locker rooms are off limits during instructional class time. Being in the locker room without Mrs. Neff’s permission will result in a referral.

To maintain cleanliness of the locker room, do not bring in food or beverages or glass containers of any sort into these areas. Do not write on benches or walls. Doing so will be treated as vandalism to school property. Leave messages written on boards as they are. Report damage to Mrs. Neff. Do as Bulldogs do . . . be proud of what you have and respect your space!

The use of phones, cameras or any other recording device in a locker room is a direct violation of Centreville’s handbook and will result in disciplinary action.

SAFETY AND EQUIPMENT
Safety is very important for you and for others. We first meet safety goals with the idea that you are to be properly and safely dressed to participate in PE class and activities. Also, you must follow the rules in handling equipment and must not misuse the equipment. Equipment is to be left alone until further teacher instruction. Throwing balls into the equipment room, leaving equipment out or putting the equipment away improperly is unacceptable. No one is allowed to hang or pull one’s self up momentarily on the basketball rims or nets. Horseplay, fighting and inappropriate language will not be tolerated, even in situations of high engagement and competition.

SPORTSMANSHIP
Attempting each activity, being positive, encouraging others, following the rules and being honest in class are all examples of being a good sport.

POSSIBLE UNITS
<table>
<thead>
<tr>
<th>Modified Games</th>
<th>Flag Football</th>
<th>Soccer</th>
<th>Softball</th>
<th>Basketball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>Air Force Football</td>
<td>Paddleton</td>
<td>Eclipse Ball</td>
<td>Volleyball</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Fitness</td>
<td>Ultimate Frisbee</td>
<td>Dance</td>
<td>Lacrosse</td>
</tr>
<tr>
<td>Geocaching</td>
<td>Weightlifting</td>
<td>Plyometrics, Speed Training, Agility</td>
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<td></td>
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</tbody>
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Did I mention we go on field trips?!???