

# Park View Physical Education

## Class Syllabus Fall 2021

Teacher: Justin Novosel

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Room: Gym

### Class Description:

Physical Education will be broken down into 3 categories: team sports, individual sports, and life-time fitness. For grades K-2<sup>nd</sup> I will be working primarily on locomotor (skipping), manipulative (throwing), and non manipulative (stationary jumping) skill sets that are utilized during sports. Grades 3<sup>rd</sup>-5<sup>th</sup> I will introduce a combination of skill sets into sports for example dribbling and passing a soccer ball while in motion. During life-time fitness I will also introduce health topics such as dental hygiene, different body systems (cardiovascular), and proper nutrition.

- Physical Education/Health will be taught in accordance with the Colorado Department of Education Academic Standards <http://www.cde.state.co.us/CoHealthPE/StateStandards.asp>
- Physical Education Categories: **Team Sports**-i.e. football, basketball, **Individual Sports Component**-i.e. golf, tennis, juggling and **Lifetime Fitness**-i.e. cardiovascular endurance, muscle strength and endurance, purpose of warming up, how to warm up, bowling, how to check heart rate

### Grading Scale and Policy

A= 100-90%   B=89-80%   C=79-70%   D=69-60%   F= 59 and below

### *Physical Education*

I grade the students in the following 3 areas: PARTICIPATION, behavior, and responsibility (wearing proper shoes). Students can earn 15 points a day (5 points for participation, 5 points for behavior, and 5 points for being responsible by wearing proper footwear)

- If a student is sick, **please bring a signed note from parent/guardian or email me.** With the note I will excuse them from participating in the class. However, if this becomes a frequent behavior a parent contact will occur.
- Students must wear tennis shoes. If there is a situation where you can't afford any footwear please email, call, or speak to me in private I would be more than happy to assist or make an exception.

## **Fifth Grade Only:**

Depending on Covid19 protocols we may or maynot get to do an end of the year trip. However, **IF WE DO GET TO DO A TRIP IT MUST BE EARNED!!!!**

### **HOW TO EARN END OF THE YEAR TRIP**

- 1.) **No fourth quarter suspensions**
- 2.) **Teacher discretion, IF YOU'RE NOT DOING YOUR CLASS WORK/BEHAVING in ANY CLASS, you can be removed from the trip opportunity.**

### Park View Expectations in relation to Physical Education

**Going To College-** think does this choice help or hurt myself and or someone

- Respectful** to self, peers, and equipment
- On Task** means participating and trying new activities
- Wise**-practicing safe behavior
- Leaders**-modeling and setting the example for other classes

Class Discipline

- Students are responsible for their own actions and education make the best decision possible!
- Students will be given 2 warnings, if spoken to a 3rd time I will deduct the 5 behavior points earned that day. If behavior is consistent then a parent, contact will occur.
- I will have a section in the gym that will be the “Dugout”. If a student needs to be removed, I will initially send them to the “Dugout”. The “Dugout” will allow them to think about their actions utilizing the school-wide “Think Sheet”. This “Think Sheet” asks the student why they were removed and what should have been the right/correct action?
- Depending on the infraction I will follow Park View Handbook protocol.

If you have questions or if there are any health concerns that you would like for me to know about, please don't hesitate to contact me. I like to send out updates/opportunities or could be contacting you in regards to grades and/or behavior. Please provide me your contact information.

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Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Thank You,  
Justin Novosel  
Park View Physical Education