



### Course Syllabus Physical Education, Grade 9

Mrs. Kaulana Molina/ Credits: 0.5

Office Hours: Tuesday (PE only), Thursday and Friday (by appointment) 2:30 pm to 3:30 pm

Email: [kamolina@ksbe.edu](mailto:kamolina@ksbe.edu) / Blackboard: bb.ksbe.edu

Office Phone: 573-7033

#### Curricula Overview

This physical education course will encompass individual training, team training and research-based assessment that is reflective to a students' own physical abilities. Some of the activities include but are not limited to badminton, lacrosse, hand ball, weight training, maka hiki, cardio respiratory endurance as well as preparing for the swimming proficiency. To conclude the end of the first quarter students will test out on a graded 500 meter swim required for graduation.

#### Course Learning Outcomes

At the end of this course students will be able to do and assess the following:

- 1) Develop a positive attitude toward physical fitness.
- 2) Understand the body systems and how they relate to physical fitness.
- 3) Maintain a healthy level of aerobic fitness, muscular fitness, flexibility and decrease in body fat composition.
- 4) Increase body awareness, self-esteem and promote a healthy lifestyle through various educational and recreational approaches.
- 5) Use an understand the benefits of varying technology in PE
- 6) Successfully swim 500M using both the freestyle and breaststroke.

#### Course Materials

Students will be expected to have the following supplies to successfully complete this course.

**General PE activities:** Approved P.E. uniform with shirt, shorts, socks and shoes are to be worn at all times. All students are required to have shoes with good grip and arch support. No dress shoes will be allowed as substitution for P.E. shoes.

**Swimming:** All students are required to have swim goggles and the optional sunscreen. All female students are required to have one or both of the following: one-piece bathing suit, tankini, rashguard, and full covered bottoms *appropriate for swim exercises*. All male students will be required to wear swim shorts that are appropriate for swim exercises and fit the body. **We are located in upcountry Maui the weather is a little colder than other areas of Maui. Please wear the appropriate swimwear to ensure you regulate your body temperature. The weather will not be an excuse to exclude you from swimming.** \*\*Note: Inexpensive swim goggles can be found at Wal-Mart, Kmart or Sports Authority

**Electronic Devices:** Only school issued electronic devices will be allowed in class and at the appropriate times. These devices can include but are not limited to laptops, heart rate monitors and pedometers. All students are required to sign the PE equipment agreement form in order to use the pedometer and heart rate monitor. If you do not get it signed you will not receive credit while we are using the device. There are times where the laptop is needed in class. In these cases, the teacher will let you know when to bring it with you. Devices like cell phones, iPads, recording devices, etc is not allowed in the locker room. Students will be given a warning and chance to correct the infraction. After the 2<sup>nd</sup> warning their electronic device will be taken away. In cases where the infraction is severe, the electronic device is immediately taken away. When in doubt please refer to the KSM student/parent handbook.

#### Attendance

Students will be given **8 minutes** from the time class starts to dress and report in front of the locker room for attendance. Students who are more than 5 minutes late to class will be sent to the office for a pass. Excessive tardiness will result in notice to administration. For absences, I will follow the absent policy outlined by the school. Only excused tardies and absences can be made up for full credit.

Excessive absences and tardiness can impact your grade.

### **Course Grading**

Grades will be uploaded at every grade check. Students with a C- or below will get a progress report. It is based on activities done in class, tests, participation, preparation, and attendance. The swimming unit is a big part of your first quarter grade. Grades are not weighted, curved, or rounded; it is given as is. The semester grade will be determined by averaging the first and last quarter. Please refer to the student/parent handbook for the grading percentage.

### **Make up work**

All make up work can be found on Blackboard (bb.ksbe.edu). An in class lesson will be given to teach you how to log on to BB and access the work needed. In addition to BB you are expected to complete a cardiovascular exercise. These exercises are done during my office hours. Make up work and exercise should be done for every day you are not able to participate whether you are sick, hurt or absent. *Make up work applies to excused misses only, anything that is considered unexcused will not be allowed for credit. Too many missed PE days will impact your grade.*

### **Asthma/Medical Injury/ Leave**

For those students who have a history of asthma, shortness of breath (SOB) and difficulty breathing when engaged in physical activity; it is **REQUIRED** that your asthma inhaler is with you at all times during P.E.. This will also serve as a part of your uniform requirement and count toward your total scoring. Any student who has a medical injury or leave must obtain a medical note from their physician stating a date when normal activity can resume. Even with a medical note, all students will still be required to attend classes, complete the make up work and assist in the daily activity for the day. Students will still be required to make up the activity, unless otherwise indicated by their attending physician or teacher. For sick days, please have your parents write a note for the day you are missing PE. If you are missing a scheduled activity because of your monthly cycle, you will need to provide a note from your parents or the school nurse. Any student who does not provide the proper documentation will be considered unexcused and receives a zero for the day. *Improper documentation will impact your grade.*

### **Swimming**

Please remember your 500M swim is a graduation requirement. Your commitment to the swimming proficiency will help determine your success. Please make every effort to participate on scheduled swim days. This is not a test you can take on the final day without prior practice. Doing so could be very dangerous for you and others around. ***If you have special circumstances regarding the swimming proficiency it is your responsibility to come in and see me to discuss your situation well in advance. Please do not wait until we have started swimming to tell me.***

### **Behavior and Conduct**

All students will be expected to behave in a safe manner when engaging in any physical activity. Horseplay and unsafe behavior will not be tolerated. All students are expected to follow the student rules as outlined in the locker room, gym, weight room, and pool. Students are expected to behave in a way that is conducive to the learning environment that will help to promote industrious individuals, prepared for college, and a global society. This behavior should be conducive to the individual, peers, and teacher. Reminders and consultations will be provided to help students get back on track. If needed, removing the student from the activity will be done to provide a conducive learning environment. If a student is removed from the activity, he/she will not receive credit for the day. In cases where removal and consultations do not work, administration and parents will be notified.

### **Building Success**

Your success in this class is dependent upon your commitment. As your teacher I will commit myself to you by coming to class prepared and knowledgeable about the lesson being taught. To succeed you will need to:

- Commit to swimming
- Come to class prepared and ready for the day
- Listen to instructions when given and perform those instructions accordingly
- Complete your missed assignments and turn them in on time
- Participate in activities, field trips and help others to succeed
- DON'T make excuses---do what needs to be done



## Acknowledgement of Course Expectations

*Physical Education, Grade 09*

*Mrs. Kaulana Molina*

We have read and discussed the course description, expectations, and instructions.

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Student's name

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Student's Signature

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Parent Name

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Parent Signature

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Contact Phone

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Email