

KAMEHAMEHA SCHOOLS HAWAII  
High School

Course Syllabus  
**Physical Education 2: Fitness**

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**Fall 2012 Semester**

**Overview:**

Length / Credit: 1 semester / 0.5 credit (Fall Semester only)  
Grade: Required for all Grade 10 students

The Sophomore Physical Education program is a semester course. It is a graduation requirement that all Sophomores must fulfill.

You will...

- evaluate personal performance on health-fitness
- demonstrate ways to improve personal fitness levels
- assume responsibility for your own learning and will be assessed on your ability to apply the information and skill(s) you have learned.

Supplementary handouts help enhance the course. The delivery of the course material is done through the use of mini-lessons, physical activity, group discussions, and through personal reflection.

The culminating event for this course is the **annual Biathlon bike & run**. This year's Biathlon is scheduled for Wednesday, **November 21, 2012**, and will be a **10-mile bike ride and a 3-mile run**. In conclusion, the course has been designed to serve as a base in understanding the importance of physical fitness and cardiovascular exercise.

**Course Essential Questions/Goals/Objectives:**

- What are some of the benefits gained by exercising?
- Why is flexibility important?
- What benefits are gained from participation in activities promoting cardiovascular fitness?
- What is the difference between muscular strength and muscular endurance?
- What is the relationship of food to health?
- What three methods can a person use to lose weight?

**Content Standards (based on Indiana Standards 2008): Physical Education**

**Standard 1: Motor Skills and Movement Patterns:** Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2: Movement Concepts:** Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

<b>Standard 3: Physical Activity:</b> Students participate regularly in physical activity.
<b>Standard 4: Health-Enhancing Physical Fitness:</b> Students achieve and maintain a health-enhancing level of physical fitness.
<b>Standard 5: Responsible Personal and Social Behavior:</b> Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.
<b>Standard 6: Value of Physical Activity:</b> Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### Content Outline/Areas of Study:

1. Overview/Review of the Benefits of Exercising
2. Review of the Components of Fitness / Fitness Pre-Test
3. Flexibility
4. Muscular Fitness
5. Mid-Testing
6. Nutrition
7. Body Composition and Weight Control
8. Post-Testing

### Course Materials/Texts/References:

- Notebook/folder paper
- Ballpoint pen (blue or black ink)
- Pencil
- Highlighter pen
- **Required** attire/gear for P.E.
  - Kamehameha Hawai`i High School PE shirt
  - Kamehameha Hawai`i High School PE short
  - Running shoes
  - Socks
  - Also: swimwear (as needed)
- **Recommended** attire/gear for P.E.
  - Sunglasses (when outdoors and with my approval)
  - Hat (when outdoors and with my approval)
  - Sunscreen (whenever outdoors)
  - Extra set of underwear and socks for you to put on after showering
  - Swimming goggles (Highly recommended – especially for those that wear contacts)

### Uniform Information/Requirements:

Including tax, a set of P.E. uniforms costs \$22.40 (\$14.50 for the shorts and \$7.00 for the shirt plus tax) and are available at our book store.

- Three sets (shirt and short) are recommended because you will have P.E. up to three days a week.
- Violation of P.E. uniform policy will be treated similarly to a violation of our school dress code. Here are the consequences for not being in proper PE uniform:
  - (Each infraction): Point(s) reduction from daily participation grade
  - (3<sup>rd</sup> infraction and each infraction afterwards): Detention will be issued.
- You are required to dress out in P.E. uniform even if you have a medical clearance. This is to deter students from not participating because they forgot to bring their uniform.

You can bring your own **towel** or you may use one of our PE towels (has a blue stripe). To get a fresh towel you will need to turn in your used towel to one of the locker room staff members. Please do not store your towel on the bottom of your locker or it will get stained with rust.

### Multi-disciplinary Projects:

Project-based learning to be executed via projects that integrate any or all of the following subject areas: Math, Science, English, Hawaiian Culture, etc.

### Learner Expectations:

- **Ready Position:** By the time the bell rings to start the period you should be in your seat, with your planner open to that day, and with a pencil, blue or black ink pen ready to write, backpack/bags off of your lap. Work submitted in ink color other than blue or black will be returned to you. To help make it easier to read, write in upper and lower case (not ALL CAPS)
- Unless otherwise notified, assignments are due **at the beginning of the period.**
- You are expected to **participate daily** unless you have a written medical excuse issued by your doctor or our health office (Mrs. Verna Lau).
- For hygiene purposes, you are expected to **shower towards the end of each class period** that we have a physical activity.
- You are expected to **pick up after yourself** in class as well as in the locker room.
- You are expected to **secure your belongings** in your assigned locker **at all times** (even when showering).
- You are expected to **return to the waiting area outside the locker rooms to check-in** after showering and changing back into your school clothes.

TYPE OF ABSENCE	HOW IT WILL BE HANDLED
<b>Unexcused</b>	Zero for participation grade for that day. Cannot be made up. May even result in referral for class cut.
<b>Excused</b> (to participate in <b>athletic event</b> )	Since you will be physically active at your athletic event you do not need to make up this absence.
<b>Excused (non-athletic; absent prior to culminating PE event)</b>	Need to make up this absence. Rationale: Need to prepare you for your culminating PE event.
<b>Excused (non-athletic; absent after culminating PE event)</b>	Do not need to make up absence unless a physical assessment was missed.

### Classroom Rules/Guidelines

**“Everything that you do- do with integrity”**

- Respect Yourself
  - Example:
    - Be honest
- Respect Others
  - Examples:
    - Make eye contact. When someone is speaking, keep your eyes on him or her at all times. If someone makes a comment, turn and face that person.
    - Respect other peoples’ opinions
    - Respect other peoples’ personal space
- Respect Property
  - Examples:
    - Ask before using
    - Treat things as if they were yours

**BASIC RULE:**  
*Do not do anything that makes it difficult for me to teach or for you or your classmates to learn.*

**Grading Policies:**

Daily Participation (rubric)	50% of grade	Standards 3 & 5
Graded training activity/ Knowledge/Skills/ Logs/Reflection	50% of grade	Standards 1,2,4 & 6

<b>4 Point Grading Scale</b>	
4	Excellent Work! You went above and beyond (Exceeds)
3	Good Work. Everything is here! (Meets)
2	Good Attempt. Would you like to try this one again? (Approaching)
1	Let's be sure that you understand. I recommend that you try this one again. See me for more explanation. (Getting started)

Grade	Percentage Range
A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	0-59

**Assignment Policy: (School-wide policy)**

In support of our mission “to educate children and youth of Hawaiian ancestry to become good and industrious men and women,” the following policy has been created:

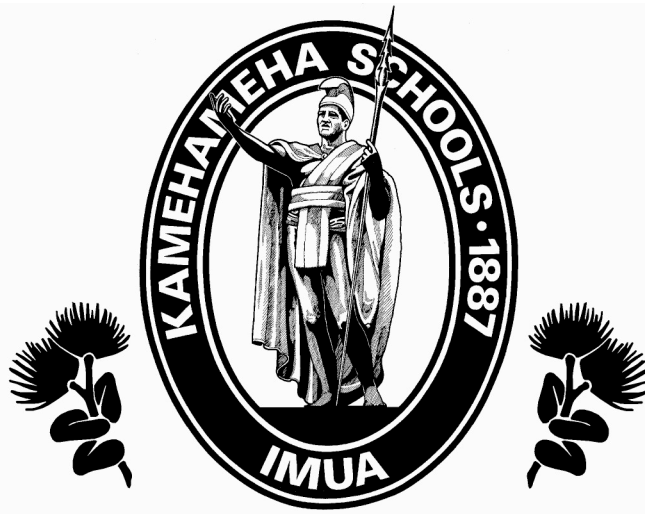
1. Students who have a missing assignment will be given assistance. The steps in assisting the student are:
  - Athletics/counselor is emailed a “warning”
  - A required study session with teacher (meeting time at teacher’s discretion)
  - If the assignment is still not completed, the student can also be assigned to Po’okela Center until the assignment is completed
2. If the missing assignment affects the grade by a deduction of a full letter, the teacher must contact the parent within 3 days of the initial due date.

3. For all missing assignments, a late penalty of 15% will be subtracted from the earned grade; assignments must be turned in within four school days.
4. After the four-day limit, students will not be allowed to participate in the next KS-related event, including athletics, clubs, and other extra-curricular activities.
5. A minimum of three late class assignments per quarter will require a Request for Assistance (RFA), a conference with a parent, student, counselor, APC and teacher(s). The student will be assigned to Po'okela Center until the work is turned in or is no longer accepted for credit.
6. A continuous pattern of missing/late assignments will be viewed as a "behavior" problem. The student will be referred to the principal or vice principal with a "Student Referral" (with attached RFA) for administrative intervention, which could result in disciplinary action (i.e. conduct probation).
7. For extreme situations such as an extended illness, injury, or death in a family, teacher(s) will work out individual due dates with the student. This may also apply to Physical Education and the Performing Arts, in which the event or performance may be difficult to make up within a given time frame.
8. If a student is absent on the day that the assignment is due, **the student** must contact the teacher(s) via phone call or email to request an extension or to make alternate arrangements by 7:45 a.m. In the event of early release, pre-arranged absences, etc., all assignments are due **prior** to student's departure unless other arrangements were made with the teacher **in advance**. Otherwise, the penalty will be 15%.

Within the parameters of the recommended policy, teachers are free to employ strategies to support students and further ensure their success.

#### **Assessments:**

- Observations
- Target Zone Run/Activity
- Test/Quiz
- Performance Assessments
- Activity Log
- Reflection Log



# KAMEHAMEHA SCHOOLS HAWAII

## Course Syllabus Physical Education 2

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E-mail: rycabals@ksbe.edu

### Fall 2012 Semester

*Please sign and return this entire page to  
Mr. Cabalse on/before:  
August 16th (Periods 2 & 6)*

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I have read and reviewed the Physical Education 2 course syllabus and understand the expectations stated in it.

\_\_\_\_\_  
Student's name (printed)      Student's signature      Date

\_\_\_\_\_  
Parent/Guardian's name (printed)      Parent/Guardian's signature      Date

Comments/Questions/Contact Info: