



# Arcade Middle School Physical Education Syllabus 2020-2021

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## **Mission Statement:**

*It is our mission that physical education will provide Arcade students with opportunities for critical thinking in the areas of personal health and personal accountability. Students will also learn how to be fit and efficient movers, recognize healthy and unhealthy habits, develop appropriate fitness plans, receive guided analysis of personal fitness and learn the steps of personal assessment of progress.*

## **Achievement Expectations:**

All students are expected to participate in Physical Education, put forth their best effort, cooperate, and respect the rights of others in class. Grades are based on a guided point system, which will reflect each student's mastery of the essential standards set for Physical Education.

Physical Education curriculum will focus on these goals to ensure student achievement.

- Mastery of essential standards
- Demonstrating competence, participation and effort in activities
- Demonstrating appropriate social behavior in dynamic situations
- Demonstrating understanding of health and fitness related concepts

The Physical Education curriculum is aligned with the State and National Standards as well as the San Juan Unified District Physical Education Standards. The current State and District standards have been modified to fit the unique circumstances of distance learning.

## **Attendance:**

Attendance will be taken during Zoom meetings. Students are expected to be on time and attend scheduled Zoom meetings for their PE classes. The Zoom meeting schedules will be posted for each PE class on Google Classroom. Students who do not attend Zoom

meetings will be marked “absent” and their guardians may be contacted by the teacher, counselor or administrator.

If a student is not able to attend the scheduled zoom class an alternative assignment will be posted each day to your Google Classroom. Students can complete this assignment within 48 hours of the missed class to be marked “present” for that day. This is a school-wide policy.

Tardies will not be marked in attendance this year. Teachers will take note of students who are habitually arriving late to classes and the guardians may be contacted by the teacher or other school personnel to find a solution for any barriers a student may be experiencing.

### **Citizenship:**

Citizenship grades in PE will be based on a standard rubric. Citizenship expectations will be discussed with students regularly during scheduled Zoom meetings.

### **Google Classroom:**

All students will have access to their assignments, news and activities through their PE Google Classroom. It is recommended that students check Google Classroom daily for updates. Make sure to check the “Stream” page on Google Classroom daily and check Google email daily for any up to date information related to each student’s PE class.

### **Weekly Activity Logs & Journal Entries:**

Students will be expected to complete activity logs and journal entries for each week of school. Activity logs will require students to report the physical activities they are doing throughout the week and how long they are participating in these activities. Students will have a choice of activities provided by their teacher. Journal entries will require that students answer specific questions about the activities they participated in. Journal questions will be directly related to that unit’s essential standard.

### **Unit Assessments:**

Each unit will have an essential standard focus. Students will be assessed on their mastery of the standards through a Unit Assessment following the guidelines below.

- Students can choose several different modalities to turn in their Unit Assessment. For example, students can choose to do either a Google Slide presentation or a Flip Grid submission. As long as the submission meets the requirements of the Unit Assessment Rubric provided.

- A Unit Assessment Rubric will be used to assess their mastery of the essential standard for that unit.
- Grades will be determined by how well a student meets the requirements of the Unit Assessment Rubric.

### **Illness or Injury Reporting:**

If a student is unable to participate in physical education class a Google Form submission is expected. Parents/Guardians can access this Google Form on the school Physical Education Department website OR with the link below. A parent note (Google Form) will serve for a period of 3 days. A modified or alternative activity may be given by the teacher based on the nature of the illness or injury. If injury or illness are prolonged a doctor's note is requested and modifications/excusals will be made based on the nature of the circumstance.

**Injury/Illness Parent Excusal Form:** <https://forms.gle/PMgHTbV49Urd1hkj6>

### **Tips and Tricks for Success**

#### **Arriving on Time to Zoom:**

- Write reminders to yourself on sticky notes and put them where you will see them often.
- Post your school schedule clearly in your school work space so you can always use it.
- Set alarms on your phone five minutes before each class starts.
- Log in at least five minutes before the start of class to make sure that your internet is working properly.

### **Helpful Links**

**A Guide to Google Classroom for Parents:**

[https://docs.google.com/presentation/d/e/2PACX-1vR5hsULs9Q64CjQG5PB4eLy2\\_9rW80eug\\_o5RsGd15kdNxyK0AVS61RZgA\\_WtHhJkKqF3eq3gRAiWU7z/pub?start=false&loop=false&delayms=3000&slide=id.p](https://docs.google.com/presentation/d/e/2PACX-1vR5hsULs9Q64CjQG5PB4eLy2_9rW80eug_o5RsGd15kdNxyK0AVS61RZgA_WtHhJkKqF3eq3gRAiWU7z/pub?start=false&loop=false&delayms=3000&slide=id.p)

**A Guide on How to Use Zoom:**

<https://www.sanjuan.edu/cms/lib/CA01902727/Centricity/Domain/8892/Using%20Zoom%20instruction%20for%20parents%20-%20updated%204.13.pdf>

**Parent Access (Guardian Summaries):**

[https://docs.google.com/document/d/1vpo\\_FQOuKIA0LWiGiQ-1n5nQSEvjO1YE21bYvtuP\\_E4/edit](https://docs.google.com/document/d/1vpo_FQOuKIA0LWiGiQ-1n5nQSEvjO1YE21bYvtuP_E4/edit)

### **Technology Support**

For technical support for Chromebooks and other devices, please contact the San Juan Unified Help Desk:

**Phone:** (916) 971-7195

**Email:** [Support@sanjuan.edu](mailto:Support@sanjuan.edu)

<https://www.sanjuan.edu/Page/49705>