

Freshman Co-Ed PE Semester I

(E. Johnson edwardjohnson@iusd.org)

Class Website Link unidancecompany.org (Left hand side tabs "Co-ED PE")

Blackboard Access-----UHS---Visual Performing Arts---Dance-- Mr. Johnson's Classroom---Course Documents (no login required)

Welcome back to University High School's PE program. Below are listed the requirements and goals for this year. (As the semester progresses, be prepared that there may be minor adjustments to the syllabus, however, rest assured you will be given sufficient notice of any changes.) If you follow the terms outlined below, we all should have a successful, productive, and fun year!

Goals:

1. To stretch, condition, and strengthen both body and mind to enable the body to prepare for Lifelong Fitness.
2. To prepare the body to succeed in diverse physical challenges through body awareness
3. To study a variety of exercise styles, terminology, and their specific application to your body and fitness level.
4. Basic Exploration of heart rate monitoring, warm up and cool down techniques, and nutrition.
5. To learn fundamentals of Physical Fitness through the study of Resistance Training, Stretching, and Aerobic, and Cardiovascular Exercise.

DRESS REQUIREMENTS PE Shirt, PE Shorts, Tennis Shoes, Socks and Notebook (100% mandatory)

CLASSROOM BEHAVIOR: Students are expected to follow the TROJAN CODE OF CONDUCT Students will be responsible for themselves and their actions during class. Students are expected to respect one another as they wish to be respected themselves. Any deviation from this will not be tolerated.

CHEATING The TROJAN CODE OF CONDUCT states: Students are expected to demonstrate honesty and integrity while in attendance at University High School. Each student is expected to do his or her own work. This includes full completion of physical tasks as are assigned in the course of the class.

ATTENDANCE AND MAKE UP WORK Regular attendance is essential. Students who miss 15 days can be dropped from the course. Students are allowed to make up work when they have an excused* absence. Remember that parents have three days to call the school (949-936-7610 to give the reason for the absence. Students have two weeks to make up an excused absence in this class. Excused absences may be made up during Office Hours. Multiple absences that are not made up will have a negative affect t on your grade.

TARDIES: The TROJAN CODE OF CONDUCT states "Students will arrive to class on time". Students will be given ample time to "dress out:. If a student is late on a regular basis his or her grade will suffer.

HOMEWORK the notebook/journal that you keep for this class will have log of what is done and discussed in class. Your workout notebook should be neat and complete. There will be a minimal number of homework assignments.

EXTRA CREDIT There will be opportunities for students to participate in extra credit assignments.

TESTS ASSIGNMENTS AND GRADING.: Grading is a reflection of a student's achievement on a variety of assessments. University High School takes pride in the fact that our students Earn their grades by hard work, perseverance and commitment to learn by demonstrating they understand the context of each course.

Read and review with parents and turn in the bottom section only.

Keep your syllabus in your workout notebook at all times

JOHNSON Fall 2013-14

University High School CO-ED PE Requirements

I have read the information on this page and understand the requirements

Parent or guardian signature

Student ID Number/ Class period

Student signature and date

Student PRINTED NAME

If you have any questions or concerns regarding the class, please feel free to email.

Thank you,

Mr. Johnson- (949)936-7635 ejohnson@iusd.org