

CHS Physical Education

2023-2024



PE WEBSITE & PARENT SQUARE

- Our PE website is located as part of the Columbia High School website.
- All materials and unit schedules will be available on the website.
- **Parent Square**
 - Bowling permission announcement
 - PE Code of Conduct
 - All forms will be sent out via Parent Square this year

Columbia High School PE Offerings

PE912

Team & Individual Sports
(Grades 9-12)

Gym, Outdoor Fields & Courts

**Traditional PE class that encourages psychomotor learning by using a play and movement exploration setting through team/individual sports to promote health and physical fitness.*

PE120

Fit For Life Foundations
(Grades 9-12)

Cardio Room

**Circuit based cardiovascular strength and endurance training through the use of treadmills, stationary bicycles, rowers and cross country skiers.*

****You must see your counselor to add this class to your schedule next year.***

PE100

Personal Performance
(Grades 9-12)

Fitness Center

**Resistance training based class that focuses on the six fundamental pillars of strength (push, pull, squat, lunge, hinge, carry) partnered with the three planes of motion (transverse, frontal, sagittal).*

IN PERSON EXPECTATIONS:

- Students are expected to be present and change into “athletic attire” every day they have class.
- Students will have access to locker rooms to secure their belongings while class is going on. All bags and belongings are to be stored INSIDE the locker room.
- Plan to be outside every day into November.
- Bathrooms will be available in the PE area and outdoors by the track.

LOCKER ROOM EXPECTATIONS:

- Locker rooms will remain locked during the class period.
- Students will receive 5 minutes after & before the bell to change.
- Students are recommended to bring in a lock to secure their belongings.
- Backpacks and phones should be left in the locker room or school locker during PE class.
- Students will always meet for class in the gym or fitness center.
- Gender neutral bathrooms will be available upon request.

PASSING REQUIREMENTS

- 4 full years of Physical Education to graduate.
- $\frac{1}{2}$ unit of credit is earned for each year of class passed successfully.
- Minimum passing standard in PE requires successful participation in at least $\frac{3}{4}$ or 15/20 classes offered during a quarter.
- Missing more than 5 classes (6 or more) results in automatic failure if classes are not made up.

GRADING

- Students will have the opportunity to earn 5 points for each day of class.
- Categories
 - Psychomotor (20%)
 - Affective (20%)
 - Effort (40%)
 - Behavior (20%)
- Student athletes are expected to participate in their regularly scheduled PE class even on game days.



CHS PHYSICAL EDUCATION DAILY GRADING RUBRIC



	5-EXEMPLARY	4=CONSISTENT	3=INCONSISTENT	2=POOR	1=UNACCEPTABLE
BEHAVIOR (1)	<i>Models exemplary behavior and a positive attitude, shows respect for others and always follows classroom rules.</i>	<i>Consistently follows classroom rules, displays a good attitude, displays cooperation, works hard, has respect for self and others.</i>	<i>Inconsistently follows rules, plays well and demonstrates satisfactory attitude only when being observed.</i>	<i>Rarely follows classroom rules, uncooperative, bends rules to suit oneself and displays frustration inappropriately.</i>	<i>Does not follow rules, complains, concern only for oneself, behavior negatively interferes with others learning.</i>
EFFORT (2)	<i>High level of participation, self motivated, encourages others, demonstrates a desire to improve personal fitness and always contributes to team play.</i>	<i>Consistent daily effort, good level of participation, maintains personal fitness and often contributes to team play.</i>	<i>Needs some reminders to participate, contributes little to team play and takes limited action to improve personal fitness.</i>	<i>Needs many reminders to stay on task, no movement during activity, makes excuses for inactivity, socializing interferes with participation, takes no action toward personal fitness and has minimal contribution to team play.</i>	<i>Avoids participation, inappropriate socialization, off task even with reminders, interferes with others learning, refusal to take action toward personal fitness and has a negative impact on team play.</i>
AFFECTIVE (1)	<i>Respectful of classmates and teachers, helps others when needed without prompting, holds others accountable for positive and fair game play, treats equipment with care and models self-control.</i>	<i>Supportive of classmates and teachers, follows directions, active listener, follows safety rules, treats equipment with care, stays on task during activity, exhibits positive and fair game play.</i>	<i>Needs some reminders to be respectful of classmates and teachers, to follow directions and safety rules, to use equipment appropriately, to stay on task during activity and to exhibit positive and fair game play.</i>	<i>Needs constant reminders to stay on task, to listen and follow directions, to not argue with others, to speak and act respectfully with others and to exhibit positive and fair gameplay.</i>	<i>Interrupts teacher, asks inappropriate questions, abuses equipment, displays disrespectful behavior most of the time, poses a safety concern to self and others, refuses to stay on task and does not exhibit positive and fair game play.</i>
PSYCHOMOTOR (1)	<i>Skill: Demonstrates an understanding of skill and strategies, excellent knowledge of safety and game rules, boundaries, scoring and concepts.</i>	<i>Skill: Demonstrates fundamental skill and strategies, good knowledge of skill, games rules, boundaries, scoring and concepts with ease.</i>	<i>Skill: Demonstrates limited knowledge of skill, performs most skills at introductory level, limited level of understanding of rules, boundaries, scoring and concepts.</i>	<i>Skill: Inadequate skills with little or no development, poor understanding of rules, boundaries, scoring, strategies and concepts.</i>	<i>Skill: Refuses to attempt skill or participate in skill development, inability to demonstrate knowledge of rules, boundaries, scoring, strategies and concepts.</i>
%	5=100%, 4.8=95%, 4.6=92%	4.5=90%, 4.3=86%, 4=80%	3.5=70%, 3=60%	2=40%	1=20%

CLASS MAKE UPS

- Every PE class is worth 5 points on your quarterly grade.
- Students will need to **physically** make up missed PE classes in person by obtaining a “BLUE” PE makeup pass from their teacher. This pass has to be handed to the PE teacher in charge for a signature.
- You will have 2 weeks from the day of your missed class to makeup a missed PE class. PE classes can only be made up during study halls, free periods, lunch periods or after school.
- You can make up one PE class per day.
- All absences except for music lessons, college visits, field trips and bereavement must be made up.

MEDICAL NOTES

- Medical notes must be handed in to the Health Office. These notes are good through date listed on the release form.
- Parent notes should be handed to your PE teacher. These notes are good for one day only.

CELL PHONES

- Cell phones must stay in the locker room or in your school locker during the class period.
- No exceptions.

