



General PE

Leah Swedberg

Email: Lswedberg@west-farggo.k12.nd.us | Office: 115B|
Office hours by appointment

General PE standards and Course Description:

- **Students will** demonstrate knowledge and understanding in a variety of motor skills and movement patterns.
- **Students will** apply knowledge of concepts, principles, strategies and tactics related to movement and sport.
- **Students will** demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Students will** exhibit responsible personal and social behavior that respects self and others.
- **Students will** recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grading: *students will be given a daily grade of 20 pts based on the following criteria.*

1) Participation:

students must always participate to the best of his/her/their ability in class. ***Unwillingness to participate or participating in an unsafe manner will result in a loss of some or all their daily points.***

Participation is measured through observation, student assessments and heart rate monitors.

2) Proper dress:

- Athletic clothes such as shorts, sweatpants, t-shirts (**NO jeans,**)
- Athletic shoes (**NO boots, crocs, sandals, or Hey Dudes**)
- Clothes for when we will go outside. Example; sweatshirts, jackets, sweatpants
- *If students do not have access to these things, they can be provided for them.*
- **Lack of proper dress will result in a loss of daily points**
 - First and second offense will result in a warning
 - 3rd offense and beyond will result in a loss of 10 points each day.
 - Loss of points for inappropriate dress cannot be made up.
 - **Students will be assigned lockers and given a lock on the first day of class to store their clothes/shoes. If a student should lose the lock they are given, they will be charged \$8 for the lost lock.**

3) Respect: Students must be always respectful of their peers and their teacher. **Disrespectful behavior will not be tolerated and will result in a loss of daily points**

4) Attendance:

- Students must be present in class to receive daily points
- Students who receive an *un-excused* absence will not be able to make up that absence
- Students who miss class due to an extracurricular activity must make up that absence by the end of the next unit.
- Students who miss class due to illness or a medical reason must make up that absence by the end of the next unit.
- Students who cannot participate due to medical injury or illness **must have a doctor's note** and make up those absences.
- **If absences are not made up within that time frame, they will be graded as a zero and will not be given credit for anything turned in after the allotted time frame.**

Make up work:

There will be several options for make-up work:

1. Students can record themselves completing a 60-minute time-lapse video and submit it to the Make-up folder on Schoology. Time-lapse workouts include but are not limited to:
 - Walking, jogging, running
 - Body weight strength training, lifting weights
 - Yoga, Pilates
 - Sport Activities: Pick up game of basketball, shooting pucks, tennis, etc.
 - Lifetime activities: rollerblading, golf, jumping on a trampoline
 - ******Athletic Practices do not count as make-up work. The workout must be completed outside of organized sports. ******
2. Students can also utilize "Win" sessions to complete make-up work. Must have 3 win sessions to make up 1 missed day of Physical Education.
3. Students can also utilize after school weightlifting and cardio room. Weight room or cardio room sheets must be signed by the after school Strength Coach.

Athletic Practices do not count as make-up work. The workout must be completed outside of organized sports. Athletics will not count as PE make-ups because we are teaching to the National PE standards which are different than the goals of athletics. The emphasis of high school physical education is to expose students to lifelong physical activity and therefore we diversify the kinds of activities we teach on a weekly basis. We also expose students to social emotional diversity, teamwork, and collaboration with diverse people.

West Fargo High School Food and Drink Policy

- No food in hallways
- This includes all lunches (purchased from school, brought from home, fast food, take-out, etc.)
- Food in classrooms must be provided by teacher(s)
- All drinks must be in a container with non-spill lid
- Food or drinks NOT in a non-spill lid will be directed to be thrown away

West Fargo High School Cell Phone Policy

- **Students shall not use any electronic device that in any way disrupts or detracts from the educational environment. Electronic devices are inclusive of cell phones, smart watches, earbuds, and school-issued devices.**
- Cell phones must be out-of-sight and out-of-use from the first bell to the last bell of all classes, including during study halls and within flexed learning spaces that are an extension of a classroom.
- Cell phones may be used appropriately and respectfully in common spaces during non-instructional times, including passing time, the student lunch period, and before and after school.
- It is the student's responsibility to secure their electronic devices to show care for their technology devices and personal information. The school is not responsible for lost or stolen items or individual service plan charges related to use of electronic devices.
- Students are expected to respect the network and adhere to the Acceptable Use Policy (AUP) when using school-issued and personal electronic devices. Students will be expected to access the district's Wi-Fi network via their iPad during designated school activities unless connections are unavailable. Wi-Fi is not available for students' personal electronic devices.
- Photographing or recording of another person should be used for educational purposes as defined by the teacher. Any use of an electronic device for other than educational purposes will result in a consequence. Messages and photos on an electronic device are subject to viewing by administration given reasonable suspicion of a crime or school infraction.
- **The USE of cellular phones or other personal electronic devices is strictly prohibited in locker rooms and restrooms.**

If at any time, you have questions or concerns, please notify me as soon as possible.

DISPOSITION	Novice	Approaching	Proficient	Advanced
Collaboration	<i>Learners work together, resolving controversy and conflict through respectful negotiation.</i>			
	Learners need frequent reminders to: <ul style="list-style-type: none"> <input type="checkbox"/> follow the rules of the classroom and school <input type="checkbox"/> cooperate and work in partnerships, small, or large groups <input type="checkbox"/> interact respectfully as a team <input type="checkbox"/> listen to ideas, opinions, and skills of others 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> follow the rules of the classroom and school often <input type="checkbox"/> cooperate and work in partnerships, small, or large groups <input type="checkbox"/> interact respectfully as a team <input type="checkbox"/> listen to ideas, opinions, and skills of others 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> recognize the value of and follow the rules of the classroom and school <input type="checkbox"/> cooperate and work flexibly in partnerships, small, or large groups <input type="checkbox"/> share responsibility and interact respectfully to be productive both individually and as a team <input type="checkbox"/> understand ideas, opinions, and skills of others 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> collaborate in the process of creating rules and norms <input type="checkbox"/> accept and give constructive feedback in a positive way <input type="checkbox"/> show leadership and initiative as a contributing global citizen; act on constructive feedback
Compassion	<i>Learners demonstrate their understandings of the complexities of cultures and global issues and see viewpoints beyond their own in order to positively impact the world around them.</i>			
	Learners need frequent reminders to: <ul style="list-style-type: none"> <input type="checkbox"/> listen to information from different viewpoints with respect <input type="checkbox"/> recognize their own perspectives and values 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> listen to information from different viewpoints with respect <input type="checkbox"/> recognize their own perspectives and values 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> show kindness and empathy <input type="checkbox"/> consider information from different viewpoints with respect <input type="checkbox"/> recognize their own and others' perspectives and values 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> explain the cultural impacts of their decisions, the decisions of others, articulating perspectives and showing empathy <input type="checkbox"/> exhibit character and take-action as a contributing global citizen to improve conditions in our community
Responsibility	<i>Learners actively engaged in their learning and demonstrate responsibility, organization, and perseverance.</i>			
	Learners need frequent reminders to: <ul style="list-style-type: none"> <input type="checkbox"/> follow expectations for participation <input type="checkbox"/> complete work 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> follow expectations for participation <input type="checkbox"/> complete work in a timely manner often 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> follow expectations for organization and participation <input type="checkbox"/> engage curiosity and collaboration, taking pride in completing work well 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> actively pursue achievement with a sense of importance and student agency <input type="checkbox"/> find passion and value in a task; persist with resilience and stretch oneself despite difficulties