

# Squalicum High School Physical Education Syllabus



## **Teacher Information**

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## **Course Offerings**

One of the goals for physical education is to provide a wide range of activities to meet the varied interest of students. We look forward to educating, and encouraging students to be lifelong, healthy, happy people! Each class may be taken as many times as a student would like over his or her four years at Squalicum High School.

I will be teaching the following classes this year:

- Hiking
- Walking/Jogging for Fitness
- Yoga
- Advanced Yoga
- Dance
- Life time Activities

## **To be successful in Physical Education students need to do the following:**

- ✓ **BE IN CLASS**
- ✓ **BE ON TIME**
- ✓ **BE PREPARED: WEAR PROPER CLOTHES TO WORK-OUT**
- ✓ **KEEP PERSONAL BELONGINGS LOCKED UP IN THEIR LOCKER**
- ✓ **BE ON TASK AND IMPROVE FITNESS AND MOTOR SKILLS**
- ✓ **RESPECT ALL PEOPLE ☺**
- ✓ **IF INJURED, WORK OUT AN ALTERNATIVE PLAN WITH YOUR TEACHER ☺**

## **Grading**

Each class may be taken for a letter grade or on a pass/fail basis. Class points will be determined by each teacher. A pass grade may only be given if the grade earned is a “C” or better. Each day is worth 15 participation points. Motor skills tests, written tests and projects are added into the grade as well. A student receives all 15 points when they get to class on time, correctly suited, and participate at a high level in a respectful fashion. It is -20 points for each absent and -5 points for a non-suit. Below is the grading scale:

93%-100%	A	80%-82%	B-	67%-69%	D+
90%-92%	A-	77%-79%	C+	60%-66%	D
87%-89%	B+	73%-76%	C	00%-59%	F
83%-86%	B	70%-72%	C-		

**Please sign below or send a quick email - acknowledging that you and your son/daughter have read and understand the above expectations! Have a fabulous year!!**

**STUDENT SIGNATURE \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_**