



Foothill High School  
Physical Education Department  
2020 - 2021

**Distant Learning**

*This syllabus is for distance learning only. If/when we return to the classroom for a hybrid learning environment or a full return to the classroom, the course syllabus will change and will be updated.*

To start off this school year we will be engaging in Distant Learning. It will be your responsibility to attend Zoom Meetings, participate in class activities, complete google classroom assignments, and keep track of your exercise.

Please refer to the Zoom chart below for Foothill's Distance Learning policies.

● **Grading**

- The standard scale for grade distribution will be used. Each class will have: two check ins worth 5 points each, exercising portion for 10 points, homework 10 points, and a weekly exercise fitness log worth 50 points.
- **What if you miss an assignment?** We are preparing you to be successful in life. You must contact your instructor before class if you are going to be absent. By notifying your instructor, you will be given two days to complete the missed assignments. However, you can not make up the two check in assignments of the day or days missed.

● **Zoom Expectations**

- Student must be dressed appropriately for activity (shirt, shorts/pants & footwear)
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**Be Prepared**  
Keep up with synchronous classwork and asynchronous homework.

**Plan to Attend**  
Print out your schedules and post them on your wall and set reminder alarms so you remember.

**Real Names, Please**  
Use your First and Last name to login.

**Be Early**  
Be **five minutes early** for your class meetings.

**Give your Best!**  
This year is challenging for everyone. We are all learning together. Your best behavior in the virtual classroom helps EVERYONE have a positive experience.

**Be Ready to Participate**  
Get your pencils, pen, notebook, text, materials, etc. organized. Know the link & class time. Boot-up your computer. Test the link to make sure it works. **Be ready when your teacher begins class.**

**Use Headphones with a microphone.**

**Be Serious**  
This is not the time or place for social chatter. Follow your teacher's instructions for chat. Your chat is public and can be distracting.

**Eliminate Distractions.**  
Class time is class time even at home. Find a quiet place to sit with a desk or table. Turn off the music and the TV. Use the restroom before class starts. Put away your cell phone during the class meeting.

**Follow Participation Etiquette**  
Raise your hand, stay muted until called on. Wait your turn. Type questions in the chat.



# Foothill High School Physical Education 2020-2021

## Welcome to Physical Education

If/when we return to the classroom for a hybrid learning environment or a full return to the classroom, this is the course syllabus we will follow.

Physical Education Course One will focus on Individual and Dual sports. Physical Education Course Two focus will be on team sports and group activities. Each student will have the opportunity to improve: knowledge, skills, strategies, and personal fitness. Please visit Aries websites for more information on current class information and your student's progress.

## Responsibilities

- Each **male** student will need to bring a lock to use to secure their personal items. It has been our experience that a combination lock is best suited for the lockers. **Females** will use the existing locks on the lockers.
- Physical Education Clothes - A set of **Foothill High School P.E.** clothes can be purchased at the student store for \$20 (this includes a Gray Foothill PE shirt and a pair Black Foothill PE shorts). Students are required to wear some sort of athletic clothes that are the school colors with athletic shoes at all times. This means students will be changing into and out of their workout clothes daily. Dressing for cold weather - black, gray, white, or orange SWEATS maybe worn in addition to the P.E. Clothes. No "street clothes" are allowed under P.E. clothes.
- Make-ups - any missed work due to being absent or injured.
- Attendance - Will be taken several times during class. Class ends when the passing bells sounds.
- Behavior & Language - good sportsmanship and appropriate language are very important.
- Video Recording - You maybe recorded on video while at Foothill High School (Districts or Employees).
- Checking Grades - assignments are posted once a week.
- Communication - notes, phone call, email, check my school website, & conferences.

## Grading

The standard scale for grade distribution will be used. A normal day of PE will be worth 20 points. Points will be deducted for the following reasons: Tardy -3, Non participation -2 up to -15, students not wearing athletic clothes lose 5 points and will be required to walk during activity time, poor behavior -5 up to -20, having or using non school electronic devices (cell phone, ipod, MP3 players, gaming devices, headphones, bluetooth, PDA's, etc.) - 10.



### **Medical Excuses**

- Please bring your written doctor or parent medical excuse to roll call
- Each note must have: student's name, date, reason, how long, & parent signature.
- All missed assignments must be made up one week prior to the end of the semester.

### **Make-ups**

Please contact your teacher to schedule an appointment for an afterschool make-up session.

### **Contacts**

Ms. Jackson's email: [likah.jackson@twinriversusd.org](mailto:likah.jackson@twinriversusd.org) Phone: 916.566.3445 ex. 26086

Mr. Lowman's email: [michael.lowman@twinriversusd.org](mailto:michael.lowman@twinriversusd.org) Phone: 916.566.3445

Mr. Mongerson's email: [ben.mongerson@twinriversusd.org](mailto:ben.mongerson@twinriversusd.org) Phone: 916.566.3445 ex 65469

Mr. Nguyen's email: [thang.nguyen@twinriversusd.org](mailto:thang.nguyen@twinriversusd.org) Phone: 916.566.3445 ex. 26083

Medical Needs or Limitations: \_\_\_\_\_