



Legacy High School
 2701 West 136th Ave • Broomfield, CO 80023
 Office: (720) 972-6700 • Fax: (720) 972-6899
<http://www.legacy.adams12.org>



School Year	2019-2020	Teacher Name	
Office		Website	http://www.legacy.adams12.org/
Phone			
Email Address			

Course Name	Positive PE
Course Description	This course is designed to provide students the opportunity for an inclusive environment that takes place in a physically active setting. Our students who qualify for special education (Athletes) will be merged with our students in general education (Coaches) to participate in a physical education class. Students will have the opportunity for hands-on experiences in the teaching process while developing knowledge and skills that promotes a variety of fitness opportunities. We will focus on balance/flexibility, muscular strength, cardiovascular endurance, coordination, and moving in space. Throughout the semester we will also work to improve and build sensory development, gross and fine motor skills, communication and social skills. Game play will be offered throughout each unit where all students are engaged in cooperative learning, team/partner work and building social interactions. It is our hope that after this class, students will become lifelong advocates for fitness and wellness.

Unit of Study	Expectations/Content Standards	Approximate Time Spent or Percent of time Spent
Teamwork/ Sportsmanship	Students will demonstrate teamwork and game etiquette, encouragement and good sportsmanship.	18 weeks All semester
Skills	Students will have the skills necessary to perform a variety of physical activities. Standard I (Movement Competence) Standard II (Physical Fitness Competence) Standard III (Physical Activity Knowledge)	18 weeks All semester
Physical Fitness	Students will participate regularly in physical fitness activities. Understand aerobic and anaerobic training. Standard I (Movement Competence) & Standard II (Physical Fitness Competence)	18 weeks All semester
Daily Duties for Coaches	Dress appropriately for class. (movement, sitting on the floor) Arrive on time to class – important for announcements and daily agenda. NO GUM, CANDY, FOOD. Water bottles allowed. For safety reasons, remove excess jewelry and clothing.	18 weeks All semester
Participation Grade	Participation, interaction, and mindfulness with your Athlete. You are a Role Model. Give positive reinforcement. Set a good example. Smile and have fun! NO CELL PHONES used during class.	18 weeks All semester
Teacher Assistant	Be prepared to: Help set up and break down the gym, commons or classroom. Escort athletes to various locations. Take class attendance.	18 weeks All semester

Grading Scale		Grade Percentages/Weights	
A	90-100	Participation	75%
B	80-89	Assignments and Assessments	25%
C	70-79		
D	60-69	*Weekly progress grades are posted at https://ic.adams12.org/campus/portal/adams12.isp	
F	59 or below		



General Expectations

- Grades are based upon the demonstration of proficiency on units associated with a standard given during each formative or summative assessment. Formative grades in addition to summative unit assessments will be used to holistically determine your grade.
- **Summative: 75%** Summative measures of achievement are taken when unit master is expected. (i.e., unit tests, culmination of a project, embedded assessments, etc.)
- **Formative: 25%** Formative assessments measure the scaffolding skills and/or content embedded in the unit. Formative assessments are taken frequently, after a student has practiced a skill or become familiar with content. Examples of formative assessments include but are not limited to exit tickets, paragraphs, oral check for understanding, warm-ups, stages in a large project, etc.
- Assessments will be graded based on teacher/district/state rubrics.
- On group projects, students will receive a grade for individual work and a group grade.
- Grades are based on achievement of Content Standards and Grade Level Expectations.

Class Expectations

Be dressed out and on time, be positive and energetic! Using encouraging words promotes success!
 You are not easily embarrassed by elementary games and movement.
 You are a Role Model, Bring Your Best to Class!
 Learn names, this makes conversation and sharing ideas more personable.
 Demonstrate empathy and compassion.
 There will be formal and informal assessments given to all students and completed in a variety of ways.

Student Expectations

Participation Grade	Participation is 75% of your overall grade and is based upon your attendance and your effort in class. Five points from participation will be subtracted for each absence and/or third tardy. It is essential to make-up all excused absences and tardiness each quarter and keep this portion of your grade at its best level!
Make-up Policy	<p>The P.E. department at Legacy will offer our students a highly structured opportunity to make-up excused absences and excess tardies. UNEXCUSED ABSENCES CANNOT BE MADE UP.</p> <p>Option #1: On Tuesday or Thursday attend academic support from 2:30-3:00 pm.</p> <p>Option #2: On Tuesday or Thursday attend the after school weight training make-up program from 3:00-3:45.</p> <p>Active participation is required for the entire session. All students must be dressed in proper P.E. clothes. Students may choose between the following choices to earn a make-up:</p> <ul style="list-style-type: none"> • Weight Lifting: Lift weights for 30 minutes. • Exercise Bike: Ride the stationary bike for 6 miles. <p>Option 3: Make prior arrangements with a P.E. instructor to attend a Weight Training Class during your free period to ride the stationary bike for 6 miles. Teacher has the right to say "NO" or give you an alternate day.</p> <p>*NOTE: For the last two weeks of each quarter the weight room will be open Monday and Friday's from 3:15-3:45 in addition to Tuesday and Thursday from 3:00-3:45 pm for additional opportunities to complete P.E. make-ups.</p>
Assignments	Various: interview, movie review, job research, LMC assignments, and class instruction assignment.
Absence Policy	5 points will be subtracted from participation grade for every 2 excused & any unexcused absences.
Tardy Policy	Every 3 rd tardy equals a loss of 5 participation points. Earn points back with the PE make-up policy.
General Expectations	<ul style="list-style-type: none"> • Grades are based upon the demonstration of proficiency on units associated with a standard given during each formative or summative assessment. Formative grades in addition to summative unit assessments will be used to holistically determine your grade. • Summative: Summative measures of achievement are taken when unit master is expected. (i.e., unit tests, culmination of a project, embedded assessments, etc.) • Formative: Formative assessments measure the scaffolding skills and/or content embedded in the unit. Formative assessments are taken frequently, after a student has practiced a skill or become familiar with content. Examples of formative assessments include but are not limited to exit tickets, paragraphs, oral check for understanding, warm-ups, stages in a large project, etc. • Assessments will be graded based on teacher/district/state rubrics. • On group projects, students will receive a grade for individual work. A group grade may also be given. <p>Grades are based on achievement of Colorado Academic Standards and grade level expectations.</p>



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Legacy High School Course Syllabus

Acknowledgment of Receipt Form

Course Title: Positive PE

Parents/Guardians,

Signing this document acknowledges that you have read through the course syllabus. In addition, please be aware of the cell phone/I-pod Policy: These devices are not to be out in the classroom. District Superintendent's Policy allows the school to confiscate these items. Please help us keep the students focused on their learning.

Please share your preferred contact information before signing and returning this form to the classroom teacher.

 Student Name (Print)

 Student E-mail Address

 Student Signature

My preference for contact is:

By Email

By Phone

 Parent/Guardian Name(s) (Please print)

_____ and _____
 Parent/Guardian E-mail Address(s) Phone Number(s)

 Parent/Guardian Name(s) (Please print)

_____ and _____
 Parent/Guardian E-mail Address(s) Phone Number(s)

 Parent/Guardian Signature

 Date