



Windsor High School Physical Education



PHYSICAL EDUCATION PHILOSOPHY

In Windsor High School Physical Education classes we pursue goals that enhance each student's life long interest in activities, personal fitness, and a healthy life style. The curriculum is offered in a non-threatening environment where students work hard each day to improve their own personal fitness, knowledge, and motor skills development. Effort is more important than skill and our focus is on learning life skills along with physical activity such as Respect, Cooperation, Integrity, Perseverance and Team Work. Momentary failure is a part of the learning process in skill development. Therefore, students are encouraged to challenge themselves and set personal goals.

Windsor High School does not have the traditional separation of 9th and 10th grade students for Physical Education. We blend our Freshman and Sophomores in classes and run an "A" year and a "B" year to cover the California Physical Education Content Standards and use standards from Course 1 and Course 2 of Physical Education each year. This in our opinion provides an even more dynamic Physical Education Program for students.

Year A

- Pickleball
- Volleyball
- Table Tennis
- Ultimate
- Self-Defense
- Weight room
- Hockey

Year B

- Badminton
- Basketball
- Aquatics Safety
- Lacrosse
- Flag football
- Team Building
- Bowling

SUPPLIES FOR PHYSICAL EDUCATION:

—These supplies are needed immediately, students will receive credit for having these supplies at roll call on the 3rd day of class. —

- Grey Cotton Shirt. This shirt will be stenciled with Windsor Physical Education Logo and students last name. Students are encourage to have multiple shirts stenciled.
- Black Shorts (appropriate length for student) or Workout Leggings/Spandex Capris
Athletic Shoes and Socks **NO SPANDEX SHORTS**
- Binder (preferably with a clear front sleeve)
- WHS PE Reader (given to each student their first year of PE at WHS or re-purchased for \$5 or printed offline)
- Pencil Pouch with 3+ pen's or pencils - mandatory

Windsor High School Physical Education

SUIT CUT POLICY:

A suit-cut is defined as not wearing your WHS uniform and/or not wearing tennis shoes with socks. Students will be expected to participate to the best of their ability during a class with a suit cut, if they choose to not participate because of a suit cut, they will receive a zero for the day. If students do not make up a suit cut class it can doubly effect their grade. If they do this on a test day or fitness day, the student will receive a zero on the day and a zero for a make up day until it is completed.

1st suit-cut= Students required to set an alarm reminder in their phone or send themselves an email a reminder to bring their PE clothes the next class.

2nd suit-cut= Referral, students must text/call their guardian to inform them of students suit cut or bring back a signed note.

3rd suit-cut= Loss of credit for the day, make up required.

WHS Physical Education Make Up

Students are required to complete a Physical Education make up if they are absent from class for **ANY REASON**, miss class due to an activity or are out on a medical excuse. There are **NO** exceptions regardless of the length of time or medical reason, each day requires a make up. All students are strongly encouraged to make-up points that are not earned due to absences from class.

When are make ups:

Wednesdays at 8am or if possible a students free block. Make ups must be scheduled with Miss Graydon using email or messages on the remind app.

Make ups consist of specific activities or completing a minimum of twenty minutes (two bars) per absence while wearing a WHS heart rate monitor or that specific days make up. The instructor determines what type of make up will be offered depending on the type of class missed.

MEDICAL EXCUSES - PARENTS**

MODIFIED EXCUSES

A medical excuse will be given to a student who brings a written request from his/her parent or guardian. The note will be turned into the teacher at roll call. This request will be honored for a **1-day period only**. If an excuse is needed for more than 3 days, a note from a doctor is required.

The 2 types of modified excuses are:

1. **Student dresses for class** and participates to the best of his/her ability.
2. **Student dresses for class** and does NOT participate in any of the activities.

DOCTOR'S EXCUSE

A doctor's note should be specific. Many students come to class with a sprained finger and a note that excuses them from all participation, causing unneeded credit loss and make ups for the students. Please have your students doctor give them a specific note with their limitations or directions for PT. Students who need to be out for more then 3 weeks will need to be dropped from Physical Education and reenroll another semester. I will not keep students enrolled in class who are injured and unwilling to work. Students must take charge of their modified PE, if students slack during modified PE and take away from instructional time from the rest of the class they will be dropped. I have had students come back from serious surgeries and work to the best of their abilities and earn A's and students with sprained wrists who have failed or dropped for lack of effort.

Windsor High School Physical Education

INJURIES

If your student is complaining of an injury, remember the following for Basic First Aid Treatment:

R.I.C.E.

Rest the affected area.

Ice the affected area for 20 minutes on and 20 minutes off. Repeat for the first 48 hours.

Compression - wrap the area to reduce the swelling.

Elevation - raise the area above the level of heart.

DONATIONS:

Hand sanitizer, tissues, disinfecting wipes, and pencils are items that are highly appreciated in the Physical Education department. Hair ties or feminine hygiene products are also highly appreciated, the PE department is one of the few places girls can get these products for free on campus and it is through your donations.

Our classes will be going on field trips. A **donation** of **\$20.00** is asked of each student for participation in the bowling unit. If students cannot make this donation please have them talk to me, we have limited funds for students who cannot pay. Parents who would like to donate extra to help those in need are greatly appreciated for ever.

INSTRUCTOR CONTACT INFORMATION:

Miss Nicole Graydon

Phone: (707) 837-7767 x: 2172 -**please always** email first, you will get a faster response

Email: NGraydon@wusd.org

Website: MissGraydonPE.weebly.com

Parent Text Line: text the phone number - 81010 and send the message @PEinfo

Student Text Line - text the phone number - 81010 and send the message

@PE17A (A day students) or @PE17B (B day students)



Windsor High School Physical Education

Grading Policy:

22% - FITNESS- Includes daily workout challenges, mile runs, 1/2 mile runs and Physical Activity homework.

22% - SOCIAL RESPONSIBILITY - Includes student's participation, sportsmanship, cooperation and effort. It also includes with being prepared for class and turning work in on time. Warm ups are considered social responsibility.

22% - SKILL - Includes student's basic skill development and application of skill in an activity.

22% ACADEMIC - Includes knowledge of fitness components, unit reflections, written tests, and projects. Any written work will be completed using full sentences, free of text abbreviations and checked for proper spelling.

12% Final Projects

Grading policies:

- late work is accepted with a grade deduction each day it is late
- missing activities will be a 'zero' until a make up is completed regardless of the reason for a missing workout. (medical, absence, field trip etc.)

Each day students complete a warm up worth 4pts.

4pt - A completed the entire warm up to the best of their ability

3pt - B completed the entire warm up

2pt - C completed most of the warm up, may have not put much effort or skipped movements

1pt - D completed part of the warm up, skipped moves or didn't put effort in

0pt - 0pt - F - Did not do warm up, cheated, did not try, skipped moves, stopped part way or was absent (0)

Each day students will complete a workout of the day worth 10pts

10 - A+ amazing effort

9 - A completed the workout with a strong effort

8 - B Workout was completed well

7 - C - Completed the work out

6 - D - Did less then full workout still with some effort

5-0 Did less then the full workout, cheated, did not try, skipped moves, stopped part way or was absent (0)

Other general assignments:

Mile Runs - 25pts (fitness)

Skill Assessments - 25pts (skill)

Reader Notes - 10pts-50pts (social res.)

Unit Sheets - 20pts (academic)

Team Activities - 15pts (social res)

Projects & Tests - 20pts-75pts

