



CULVER CITY HIGH SCHOOL  
PHYSICAL EDUCATION

Physical Education Course 3  
Course Syllabus

Teacher: Mrs. Yokogawa  
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**Culver City High School believes: "Success for ALL Takes US ALL"**

1. Each member of our school community plays an integral part in making student success a certainty.
2. All students are provided the necessary resources and opportunities to become successful Collaborative Workers, Adaptable Problem Solvers, Critical Thinkers, Involved Citizens, Quality Producers and Self-Guided Achievers.
3. All students are immersed in vigorous, standards-based curriculum that promotes higher level thinking skills.
4. All students are capable of learning and as such, we educate the whole person providing students the necessary support to achieve their fullest potential.
5. All Students are expected to embed and demonstrate the Six Pillars of Character into their daily lives. These Pillars are: Trustworthy, Respect, Responsibility, Fairness, Caring, and Citizenship.
6. We value diversity and promote tolerance and espouse understanding and compassion.
7. And the aesthetic value of our campus is an important part of student achievement.

"Learn to Achieve. Achieve to learn....Tomorrow Starts Today."

**Prerequisite: High School Courses 1 and 2 are designed to be completed before a student enrolls in High School Course 3.**

**Course Description:** This course will focus on the **California Content Standards for Physical Education, High School Course 3: (3B) Aerobic Activities, (3C) Individual and Dual Activities, and (3F) Weight Training and Fitness.**

**Though more will be covered over the course of the year, the following essential standards/skills are what every Student must master in order to be considered minimally proficient in this course.**

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

**An overview of what Students will be able to do.**

1. Come to class dressed in Physical Education attire and participate daily.
2. Demonstrate knowledge of and competency in motor skills, movement patterns, and strategies essential to perform:

**Aerobic Activities** (Running/Jogging and Walking).

**Individual and Dual Activities** (Badminton, Golf, Gymnastics/Tumbling, Handball, Tennis, Volleyball, and Yoga).

3. Demonstrate independent learning of movement skills in weight training. (**Weight Training**)
4. Explain the principles of biomechanics of first-, second-, and third-class levers and apply those principles to a variety of lifting techniques. (**Weight Training**)
4. Continue to expand their knowledge of fitness concepts and participate in activities to maintain and improve their health related fitness. (**Personal Fitness**)
5. Evaluate, analyze, and establish personal fitness goals, using principles of aerobics, strength and core training. (**Personal Fitness**)

6. Use Technology – Internet Research on Sports skills, fitness, and weight training.
7. Demonstrate safe, positive, and responsible behavior characteristics related to the Six Pillars of Character while training: Trustworthy, Respect, Responsibility, Fairness, Caring, and Citizenship during class activities.

*This course will include both physical and written assignments. Use Online Quizzes and Tests for Assessments.*

### **Expectations/Class Rules along with Student Handbook**

1. \*All Backpacks, Girl’s Purses, similar items, etc. must be stored in your hall or assigned P. E. locker.
2. \*No personal items are allowed out to class. Only “you” and “dressed in athletic attire” are allow.
3. \*Dress in a clean, physical education attire (light gray T-shirt, royal blue shorts, athletic shoes/socks).
4. \*Be on time and seated on roll call numbers at the start of class.
5. Do not disrupt other classes.
6. Must stay with your teacher for the duration of the period.
7. Use appropriate language/conduct at all times.
8. Keep locker locked at all times.
9. Keep locker clean at all times
10. No food or “gum” is allowed during class.
11. No horseplay in the locker room or benches.
12. Absolutely No ELECTRONIC DEVICES. (See Student Handbook)
13. Lock P.E. clothes when not in class.
14. Students are responsible for damaging equipment and gym locker.

**\* Immediate Detention assigned for non-compliance/not prepared for class.**

**\*\*Homework/Assignments: <http://cchs.ccusd.org/>**

Located on the Culver City High School web page – See Classes/Homework.

**and website related to Physical Education curriculum – <http://yokogawape3.weebly.com>**

**CCUSD, Canvas currently not available.**

### **Materials for course/ Materials needed everyday (Non-Compliance = Immediate After School Detention)**

1. Physical Education attire - important for the success of the individual engaging in physical activities.
2. Tennis shoes / socks, athletic attire (light gray T-shirt and royal blue shorts).
3. Sweatshirt/ Sweatpants (for cold days) Blue, Black or Gray
4. No Textbooks required but information will be available on the Internet. See homework/Assignments.
5. Assessments – Online Quizzes and Tests used for every Sports Unit covered. See Homework/Assignments.

#### **Grading Policy:**

Classwork/Group Project (Spring)	20%
Homework/Written Work	20%
Skills/Skills Tests	20%
Unit Tests	20%
Final Exam	20%

#### **Grading Scale:**

A	=	100% - 99%
A-	=	90% – 93%
B+	=	87% - 89%
B	=	84% - 86%
B-	=	80% - 83%
C+	=	78% - 79%
C	=	74% - 77%
C-	=	70% - 73%
D+	=	67% - 69%
D	=	64% - 66%
D-	=	60% - 63%
*Fail	=	0% - 59%

### **Consequences for Violation of Class Rules (Refer to student handbook)**

1st offense: Verbal Warning

2nd offense: Student/Teacher Conference and Detention.

3rd offense: Parent Phone Call and possible Parent/Teacher conference and detention.

4th offense: Office Referral/ Class Suspension for 1-2 days. (ISS)

5th offense: Parent/Administrator Conference.

**Medical Excuses:** All notes are to be taken to the nurse prior to class time; nurse will provide a PE excuse.

1. Students must bring a written note from their parent or legal guardian to be “excused” or to “limit their physical activity”. The Student may still be required to dress in PE attire.
2. The note should indicate the reason for the excuse, the date(s) limited, parent's signature, and daytime phone number.
3. Students must bring a doctor's note if he/she is unable to participate in class for more than three days.

\*\*\*\*\*CUT OFF AND RETURN\*\*\*\*\*

Teacher: Mrs. Yokogawa

ACHKNOWLEDGEMENT: I have **read, reviewed, understand** the course syllabus for this class.

Please tear and Return attached slip for Homework credit.

**Date** \_\_\_\_\_ **Period** \_\_\_\_\_

**Student's Name (print)** \_\_\_\_\_ **Signature** \_\_\_\_\_

**Parent's Name (print)** \_\_\_\_\_ **Signature** \_\_\_\_\_