



2020--2021 COURSE SYLLABUS

DEPARTMENT OF PHYSICAL EDUCATION DISTANCE LEARNING SYLLABUS

Men Instructors

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Course State Standards:

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

PRF22C, Beg Dance

Grade 9-12

This course is designed for the non-dancer as an introduction to the elements and principles of dance. Each student will participate in constructing and performing basic creative choreography in cooperative learning groups and direct instruction. Students will explore the cultural heritage, historical importance, and modern day application of dance in our society while increasing personal health and endurance.

PFF200, Freshman Core

Grade 9

Students will participate in a variety of movement activities as well as build a foundation of knowledge for life-long health. Emphasis will be given to improve physical fitness, being a respectful person and develop skills in physical activities.

PRF202, PE Recreation / Athletic PE

Grades 10-12

Students will participate in a variety of movement activities as well as build a foundation of knowledge for life-long health. Emphasis will be given to improve physical fitness, being a respectful person and develop skills in physical activities. This is a follow up course to Freshman Core.

PRF22G, Weights and Conditioning

Grades 10-12

This course is designed for the athlete to develop strength, endurance, flexibility, coordination, and body fitness. Principles of weight training, proper diet and nutrition, and basic anatomy will be taught.



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Google Classroom and Google Forms: Students will need to join google classroom for the appropriate teacher and period. Please see district information on Clever for more information. Students who do not receive an invitation to join prior to the first day of school should email their teacher to receive the invitation. If a student changes classes, they will need to disenroll from google classroom and join their new class.

Zoom / Meet Virtual Meetings: Regular scheduled virtual meetings will be held each week for each class. Just like meeting in person, students are expected to be at the meetings. Attendance will be taken the first 15 minutes of the meeting. Meetings will consist of a variety of topics and group activities related to subject matter standards. Teachers may utilize check-out questions through google classroom or google forms that are timed stamped to check for student engagement. Please email your teacher if you have any questions related to virtual meetings.

Infinite Campus (IC): Each student is expected to login to their IC using their username (firstname-lastname@student.scusd.edu) and password (please see your counselor ASAP if you don't know your password). Here they can see their grades, class information and graded assignments. If the student does not have access to their account, they need to inform their counselor or teacher immediately.

Online Etiquette and Expectations : During virtual meetings, please adhere to the following guidelines:

- Use your first and last name when entering zoom. No nicknames will be allowed in zoom.
- Be on time!
- Be in a quiet and productive environment
- Mute yourself unless speaking
- Be respectful
- Wear school appropriate attire
- Be aware of your background
- Listen and pay attention
- Raise your actual hand or virtual hand if you would like to speak
- If you have to go to the bathroom, just go, don't ask and don't take the computer with you.

When posting questions or commenting on google classroom please adhere to the following guidelines:

- Use appropriate language
- Your posts or replies on google classroom are visible to everyone on google classroom
- If you have a specific question that only applies to you, email your teacher
- Carefully review before you post something and see if your question or answer has already been posted
- Stay engaged by asking questions or replying and answering questions that others may have

Grades: Students will receive grades for various assignments, assessments, and participation in a variety of activities. Point values shown in google classroom may not reflect the actual points or score given in IC.



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Always check IC for your final grade on an assignment. Grades for distance learning will be broken into the following categories:

Assessments (50%): Online assessments will be posted to check for student understanding and/or develop further understanding of various concepts related to Physical Education including health, fitness, biomechanics and other areas related to each class. Most assessments will be completed through google forms and or google docs. Other assessments may include teacher, peer, and self-evaluations.

Participation (50%): Students will receive a grade for participating in **virtual meetings** and **workout journals** during distance learning. Workout journals will be explained in detail during the first week of school through google classroom and virtual meetings. Though not in person, students will be expected to participate in regular physical activities throughout each week. This may consist of specific workouts or activities given by the teacher or choice activities depending on the class and unit. These activities will be recorded in an online workout journal that the teacher can see.

Grading Scale:

A	B	C	D	F
89.5 – 100%	79.5 – 89.4%	69.5 – 79.4%	59.5 – 69.4%	below 59.5%

Make-up Work:

If a student can't make a meeting, the student's parent/guardian needs to inform their teacher ahead of time. If a student is excused from a meeting they will get instructions from their teacher on how to make up the work.

Frequently Asked Questions:

- What do I do if I'm unable to make a zoom call on my assigned day?
 - Please have your parents email your teacher prior to the meeting. If there is a compelling reason for missing, you will be given the opportunity to make-up points missed by watching a recording, video, or reading an article that covers the content discussed.
- What if I turn my assignment in late?
 - To get full credit, you need to complete the assignment within the week it is assigned. You may turn in an assignment up to one week after the due date for partial credit. Anything later than that will not be accepted. If you have more questions on late work, please contact your teacher.
- Please email your teacher if you have any other questions.

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HOME OF THE COUGARS

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