

Our Lady of Refuge School - P.E./Health Syllabus
2011-2012 -1st Semester

Conference Period: 2:15-2:45 pm

Grade levels: Kinder - 8th

Course Description:

- I. **Exercises** and methods of physical activities will vary according to grade levels.
- II. **Motor development skills** will be applied in order to perform activities efficiently and with-out reaching the point of exhaustion. (ex. Running, skipping, galloping, hopping, jumping, dodging, leaping, kicking, bending, twisting, catching, carrying and throwing)
- III. **Traditional Sports** (Football, volleyball, basketball, soccer, hockey, dodgeball and kickball) will be required to participate in; however, **Contemporary Games** (ex. Elbow Tag, Score Four, Club Guard) will also be applied.
- IV. **Cooperative Learning Activities** (ex. Acid River Crossing, Group Juggle, Enchanted Forest) will also be part of my P.E. program to establish leadership and teamwork.
- V. **Health lessons** will also be covered. A spiral notebook is required for this class for journal entries and chapter notes. Topics such as parts of body (muscular, skeletal, nervous and digestive system), nutrition and safety will be discussed.

Procedures in P.E.:

1. **Warm- up** by various exercises and or walk/jog. (5-7 mins)
2. Drink water and gather around Coaches for instructions. (3-5 mins)
3. **Perform activity** for the day with a **positive attitude**. (15-20 mins)
4. Cool-down, drink water and **line-up** for transition of classes. (5-7 mins)
5. **Closure** with Coach's reflections and thoughts of the day. (3-6 mins)

Rules/Expectations:

1. Participation and **Good Sportsmanship** is required.
2. **Teni-shoes are required** this year for Physical Ed. **All girls must wear shorts under skirt everyday for P.E.**
3. Every type of candy and **gum** are also strictly prohibited; except on days of celebration (ex. Halloween, Christmas, Valentines and Easter).
Personal water bottles are allowed, however **students are not permitted to buy water from cafeteria during or after P.E. No exceptions!**
4. A **letter** from home or Doctor's office is required for a non-participation day in P.E.
5. **Respect, effort and self-discipline** are keys to success in P.E.
6. **MOST OF ALL HAVE FUN!!**

Consequences:

- 1st Violation: Verbal warning 4th Violation: Teacher-Parent Conf. & ISS
- 2nd Violation: Sit out & Pts off 5th Violation: Principal-Parent Conf. & Suspension or Expulsion
- 3rd Violation: Referral & Probation

Points Deduction System:

- **3 Pts off:** Talking during instruction, Cheating , Hallway Procedure , Dress Code , Gum/Candy, Not in assigned Exercise Position, No Effort
- **4 Pts off:** Disrespect(Rough play), Bad Sportsmanship, Bad Language, Poor Attitude, Throwing Rocks
- **5 Pts off:** No Participation (without excuse), Bullying, Fighting, Electronics

Points Awarded System:

- Help picking up litter and equipment, Courteous, Outstanding Sportsmanship, and above and beyond leadership actions.

** Each student begins every 9 Weeks with 100 points. Every rule or procedure violated will be recorded in grade book for points deducted or points awarded.

Curriculum and Instruction for 1st Semester:

1. Students will begin class with **Warm-up Exercises**: 10 jumping jacks, 10 trunk-twisters, 10-15 sec. stretching exercise, 10 squats and 5 push-ups. A brief **jog** will also be part of warm-up.
2. A **Pre-Fitness Test** will be conducted that consists of muscular endurance (running), muscular flexibility (sit-n-reach and arm-over-shoulder reach), and muscular strength (push-ups and sit-ups).
3. **Cooperative learning** games and team-building skills will be challenged and mastered by various contemporary activities.
4. Students will be able to perform **Sport Skills** according to seasons. Volleyball, Flag-football, and Basketball will be made and compete for class champs and individual MVPs for the **Fall Semester**.

Lunch/Recess Activities (Back Yard Area):

- Parents and students: Please be advised that **Soccer play is no longer allowed** during Lunch/Recess period due to fact that crossing the street to retrieve balls is too dangerous. Any child who brings plays and loses their personal ball over the fence will be suspended for recess period that week and will have their **ball confiscated**. Thank you for your understanding.

Grading System:

- Every student begins with 100%. For every rule violation, points will be deducted depending on the severity of the violation.
- 100-90= A, 89-80= B, 79-75=C, 74-70=D, 0-69 = F

Extracurricular Activities:

****Our Lady of Refuge School strongly complies with the "NO PASS, NO PLAY" policy in the student/parent handbook. Any student who plans to participate in after school sports must have 70% or higher in all of their subjects at the end of each 9 weeks.**

**** Parents, please let Coach Rodriguez know if you are willing to help coach a Division I, II, or III Team.**

- Division I- 1st and 2nd Grade students
- Division II- 3rd and 4th Grade students
- Division III- 5th and 6th Grade students

**** Each sport season has mandatory Coaches meeting at the Parks and Recreation Department. For further information call (830) 773-4343 (City of Eagle Pass-Parks and Rec. Dept.) or (830) 872-7056 for Coach Orlando J. Rodriguez.**

- ✓ **Fall season:** Flag-football for boys & Cheerleading or Volleyball for girls
- ✓ **Winter season:** Basketball for both boys and girls
- ✓ **Spring season:** Baseball for boys, Softball for girls and Track and Field for both boys and girls.

****All parents who help volunteer their time with after school sports and/or Field Day will receive hours for parental involvement.**

