

# Individual/Dual/Team Sports Course Syllabus

Mrs. Pankratz

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715-687-4311 ext. 2184

## **Supplies Needed:**

- 2 pairs of tennis shoes separate from school shoes (one clean pair for inside activities, one old pair for outside activities)
  - If you are unable to get two pairs of shoes to school, let me know and I can help out
- Clean socks for Fanetti Center activities
- T-shirt and shorts (separate from school clothes)
- Sweatshirt and sweatpants for colder outside days
- Toiletries
- Chromebook when required

## **Course Description:**

Physical education is an essential part of the total educational process. The focus of this class will be participating and learning about various individual/dual/team activities that can be incorporated into a physically active lifestyle. Social responsibility is also a major focus of this course.

## **Essential Learning Outcomes:**

*"I can..."*

- Practice social responsibility in physical education through the SOAPS (Safety, On-Task, Attitude, Participation, Sportsmanship) model.
- Demonstrate the rules, skills, and strategies of various individual, dual, and team activities through gameplay.
- Assess my current health-related fitness levels based on Fitnessgram Physical Fitness Testing.
- Discover locations to participate in various individual/dual/team physical activities in our community and other local communities.

## **General Class Procedures:**

- Tiger PRIDE Classroom/Bathroom/Locker room Expectations
- Daily SOAPS Points
- 3 minutes at the beginning of class to change and have a seat in attendance squad
- 5-8 minutes at the end of class depending on the activity to change, remain in locker room area/gym until bell brings
- \$5 at end of the year for a lost lock
- If you borrow clothes or shoes from an instructor, please return to the correct bin

## SOAPS - Our Classroom Community - Social Responsibility in Physical Education

10 points daily - 2 points per category

<b><u>S</u></b> <b><u>Safety</u></b>	<b><u>O</u></b> <b><u>On-Task</u></b>	<b><u>A</u></b> <b><u>Attitude</u></b>	<b><u>P</u></b> <b><u>Participation</u></b>	<b><u>S</u></b> <b><u>Sportsmanship</u></b>
-Appropriate use of equipment -Appropriate use of equipment regarding others -Respect all facilities -Demonstrate respect of personal space	-Sit down in attendance squad on time -Change for activity (separate from school clothes, correct shoes) -Follow directions -Listen to whoever is speaking (instructor, classmate, presenter)	-Respect classmates, instructor, activity rules -Appreciate the value of all activities -Encourage and support others -Use appropriate language	-Willingly and actively participate to the best of your ability and effort -Set up and put equipment away without being asked (when appropriate)	-Demonstrate self-control -Avoid or resolve conflicts -Cooperate with and accept classmates -Follow rules or guidelines for activity -Demonstrate ethical behavior

### Assessment:

<b><u>SOAPS</u></b> <b><u>50% quarter grade</u></b>	<b><u>Unit Grades</u></b> <b><u>50% quarter grade</u></b>	<b><u>Semester Grade</u></b> <b><u>Calculations</u></b>
-10 daily SOAPS Points -Entered weekly -Make-ups required after 2nd absence -SOAPS Points deducted until makeup completed	-Units that are 5 days and above are given a unit grade -Unit grade based on a rubric categories including rules, strategy, skills, sportsmanship/cooperation, and safety (Google Classroom) -After two free days: If more than 2 days of a unit is missed the unit grade will be marked as missing until makeup is completed -If makeup is not completed, the highest grade is 80% -Completion of all required Fitnessgram tests --Fitnessgram self-evaluation rubric	-Each quarter = 45% -Final Exam = 10%

Google Classroom Code: **p3q1rm**

### Attendance :

- Students are given two free days per quarter. After two free days students will need to make up days missed (medical situations handled below).

**Makeup options:**

- 7 minute run at school confirmed with Mrs. Pankratz, sheet signed and turned into Mrs. Pankratz
- 30 minutes of physical activity (extracurricular or work time not included) outside of the school day. Sheet filled out by you and verified with parent/guardian signature and turned into the basket. Parents/guardians may be contacted to verify makeup time.
- Join another physical education time during study hall, approved by the instructor.

**Medical Excuses:**

- Medical excuses are a signed note by a doctor excusing you from activity for 3 or more days due to injury or illness. If possible, have your doctor include specific restrictions and allowed activities because some activities may allow you to participate.
- Medical excuses from 4 days to 2 weeks are not required to be made up and students are expected to help the instructor. (Equipment, bulletin board, etc.)
- Medical excuses from 2 weeks to 5 weeks are required to do work from a P.E. medical packet located on Google Classroom. One per week missed.
- Medical excuses for longer than 5 weeks will be required to participate in the OdysseyWare program through our district to receive their credit.

**Physical Education Field Trip Notification**

- Throughout the course of the semester, we will be participating in many fun educational activities. Most activities are on the immediate school grounds, however, some activities require going to Klemme Reserve, Stratford High School Sports Complex (football field, track, baseball field, softball field), Connor Park, School Forest, and Stratford Heritage Trail. Students must have their *walking field trip form* on file.

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Please review with your parent/guardian(s) and return bottom portion to Mrs. Pankratz.

My **son/daughter** and I have reviewed and understood the **Individual/Dual/Team Sports Physical Education Course Syllabus**.

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Print Student Name

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Student Signature

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Parent/Guardian Signature

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Date