Ironwood Ridge High School

Course Syllabus

2022-23

Welcome IRHS to the 2022-23 school year! Please let me introduce myself… I am Coach Gonzalez; I am new to the district and new to IRHS. I have been in education as a PE/Health teacher and a Coach for over 30 years and recently retired from the Phoenix Union High School District. I’m excited to be here at IRHS and I look forward to getting to know each of you. My door is always open, please see me with any questions or concerns you have throughout your school year. Below you will find information that will help you understand my expectation and your responsibilities in order to be successful and earn the best grade possible. Go Nighthawks!!!

**Teacher:** Ms. Rachel Gonzalez (rgonzalez@amphi.com) **Course: Team Sports**

**Room:** F103 (Gym) **1 Year:** Required for Graduation

**Phone:** 520-696-3902, EXT 4259

**Office Hours**: M, T, F 8:00 to 8:40 am/ Wednesday: 1:30 to 2:00 pm

**Course Description:**

Team sports is an excellent way to learn to work with others while demonstrating good sportsmanship, integrity and other life lesson skills. The team sport that will be taught each semester: volleyball, basketball, whiffle ball, softball, flag football, soccer, hockey and dodgeball. Individual/dual sports: tennis, badminton, and pickle ball. Skill development and physical conditioning are part of the curriculum. Each day students will begin with dynamic stretching and end with static stretching. The fitness gram will be use to assess their fitness level at the beginning, middle and end of each semester. The goal is to show overall improvement through being active in class.

Course Objectives/Overview of Curriculum (based on Arizona Standards):

* To participate in a variety of aerobic and muscular fitness activities during the regular school day,
* To apply heart rate information to personal fitness routines and plans.
* To work in the Heart Health Zone (120 to 180 BPM).
* To choose a level of challenge during workouts that will help students experience the benefits of exercise.
* To learn the technical biomechanics, rules, and strategies associated with each skill and exercise.
* To understand the value of physical fitness, health, nutrition as it relates to creating successful students.
* To have a conceptual understanding of health and fitness as it applies to my own personal well-being.
* To develop the skill of learning to collaborate with other students despite their differences.

Your Duties in this Class:

1. Be on time, dress out and ready to participate 100% each day we meet for TS.

**Dressing out includes proper tennis shoes!**

1. Demonstrate superior attitude, participation, teamwork and leadership.
2. Each Wednesday you are to have your Interactive Notebook in hand.
3. Complete tasks on time with integrity.
4. Show diligence in following all guidelines while on campus!

**Attendance/Tardy Policy:**

This is a PE course, you must be PRESENT, on time and ACTIVE in the class to receive full credit. An excused absence can be made up by submitting the make-up assignment. The make-up work must be submitted within two weeks of the absence. Being tardy will result in loss of 2 points for the day.

**PE Attire:**

All students are required to wear any of the following items to class. Any clothes not listed below will result in the students earning a maximum of 5 of 10 points. Please bring your PE uniform Monday, as it will be our first day to dress out!

1. School issued PE uniform (shorts and shirt)
2. School issued practice clothing for extracurricular sports/activity must say, “Ironwood Ridge/Ridge followed by the activity and be either navy, white grey or black.”
3. Sweatpants, leggings or shorts that are navy, grey, or black. Any other combination will be marked down.
4. Proper athletic shoes.

**Locks and Lockers:**

Students will be required to rent a PE lock as part of this course. This ensures that each student has the ability to safely secure their belonging during their class period. Your personal items MUST be locked up. **The school, nor myself is NOT responsible for any of your personal items including and not limited to cell phones, money, homework, books clothes, etc…**

**Grading Policy:**

Students can earn up to 10 points per day/50 points per week based on the following criteria and breakdown:

1. Attendance, on time, and dressed out for class. Proper utilization of the locker room and all procedures pertaining to PE. Full participation and engagement during the class period, 10 points.
2. All assignments will be completed and entered into Interactive Notebook. Your Notebook will be graded and submitted in the grade book regularly. Students need to have a three ring, 1 subject notebook by next week to set up their Interactive Notebook. A Composition book will NOT work.
3. Assessments will be given at the end of most units covering skills, rules and strategies. The Fitness Gram will be used to determine the student’s fitness level and the students will be re-tested again at the end of each semester. A final written assessment will be given at the end of each semester.

Weighted Scale System:

90-100% = A 80-89% = B 70-79% = C 60-69% = D 0-59% = F

Let’s make this school year a FUN year Nighthawks!

**Please return the signature slip back to me no later than Wednesday, August 10, 2022. This is your very first assignment!**