**Ironwood Ridge Physical Education**

**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 Coach for over 30 years and recently retired from Betty H. Fairfax High School in the Phoenix area. I’m excited to be here at IRHS and I look forward to getting to know you. My door is always open, so please see me with any questions or concerns you have throughout the school year. Below you will find information that will help you understand my expectations and your responsibilities in order to be successful and earn the best grade possible. Go Nighthawks!!!

**Teacher:** Ms. Rachel Gonzalez ([rgonzalez@amphi.com](mailto:rgonzalez@amphi.com)) **Course: Total Body Fitness**

**Room(s):** F118(Fitness), F126(Boy’s Locker), F132(Girl’s Locker)

**Phone:** 520-696-3902, EXT: 4259 **1 year:** Required for Graduation

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

**Course Description:**

Students will participate in activities that will improve their overall fitness. We will conduct fitness assessments to determine current fitness levels and establish individual fitness goals to improve our overall wellness. Monday/Tuesday/Thursday we will devote to cardiovascular/muscular strength training and core. Wednesday’s students will NOT dress and we will work on Interactive Notebooks and on Friday we will practice Yoga. All high intensity workouts will begin with dynamic stretching and end with a cool down. The Wednesday class periods are shortened to 33 minutes, therefore each Wednesday we will focus on related terms and vocabulary highlighted in the State Standards, and other health and fitness related topics. We will end our week with Yoga, and our focus will be on mindfulness, breathing and flexibility.

**Course Objectives/Overview of Curriculum, based on the current Arizona State Standards:**

* STARDARD 1: Demonstrate higher order cognitive skills necessary to make intelligent decisions regarding the choices of exercise modalities given the specific needs/desires of the student.
* STANDARD 2: Learn the basic principals for fitness and improve quality of life by concentrating on these basic principles.
* STANDARD 3: Exhibit a physically active lifestyle.
* STANDARD 4: Maximize the efficiency of one’s own body by increasing one’s level of fitness.
* STANDARD 7: Learn the value of physical fitness, health and nutrition.

**Your Duties in this Class**:

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

**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 camps!

**Attendance/Tardy Policy:**

This is a PE course, you must be PRESTENT, 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 5/10 for the daily 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 sport/activity must say,” Ironwood Ridge/Ridge follow by the activity and be either navy, white, grey, or black!”
3. Sweatpants, leggings or shorts that are navy, grey, or black. Any other combinations 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 belongings 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 the Interactive Notebook. Your Notebook will be graded and submitted into 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 students will be re-tested 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!

**Coach Gonzalez/Coach G.**

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