

9th Grade PE Class Syllabus

Welcome to Valencia High School. You will be active in this class while having fun. Giving your best effort everyday will be the key to being successful in this class. We will focus on increasing your strength, endurance and flexibility. We will learn to work in teams to achieve common goals in our team sports units.

Instructor Information:

Kevin Kornegay, Valencia High School PE Department Chair. Teacher in the Wm. S. Hart District since 1989. Bachelors Degree of Exercise and Sports Science from the University of Utah (1988) and Masters of Education from the University of La Verne (1995).

Course Objectives:

- Student will pass the 9th grade physical fitness test.
- Student will practice fairplay, sportsmanship, and team work everyday.
- Student will learn the basic fundamentals of each team sport.
- Student will become familiar with rules and history of each team sport.
- Student will increase their individual fitness level throughout the semester.

Required Course Materials:

Valencia PE shirt and shorts with "LAST" name clearly printed in the space provided. Wear shoes with laces and socks. Rubber bottom cleats are recommended for flag football and soccer (Plus shin guards for soccer). Boots, slippers, and flip flop beach shoes are not allowed. Proper footwear must be worn at all times.

Please leave all jewelry, glasses, and cell phones in your locked PE locker.

Course Schedule: 3 units that rotate.

1. Flag Football and Capture the flag
2. Soccer and Ultimate Frisbee
3. Basketball

Points:

- 10 points per day. Dressed appropriately and on time for class. Participation in the day's activities. Missing class will result in loss of that days participation points.
- 10 to 20 points for assigned fitness tests. At least one per week
- 10 points for any written assignments. Students are required to write an essay each semester in PE.
- -50 points for first non-dress

Grading:

- 60% for dress and participation
- 30% for fitness tests
- 10% for anything written.

Make-up:

Points may be made up with teacher permission only. Make-up is done at teachers convenience.

Missed assignments due to illness:

Any missed assignments due to illness must be made up at a later date.

Questions:

Email is the best way to get a quick response to any questions you may have.

Contact: kkorneg@hartdistrict.org