

# Park Valley 7<sup>th</sup>-10<sup>th</sup> Grade Syllabus

## 2019-2020

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*School website:* www.parkvalley.besd.net

### **Student Responsibility**

It is the student's responsibility to come to class on time and be prepared with notebooks, pencils, binders and any other material needed for that class. Students play a key role in the education that takes place in the classroom. It is up to the students to contribute and ask questions to ensure learning.

### **Academic Honesty**

According to the Merriam –Webster Online Dictionary, to “plagiarize” means

- 1) To steal and pass off (the ideas or words of another) as one's own
- 2) To use (another's production) without crediting the source
- 3) To commit literary theft
- 4) To present a new and original idea or product derived from an existing source. In other words, plagiarism is an act of fraud. It involves both stealing someone else's work and lying about it afterward

Academic dishonesty will not be tolerated. Copying someone else's assignments, quizzes or exams is not legitimate; it is cheating. Any work turned in that is completed by someone else or copied from someone else will not be accepted. The individuals will be notified and the assignment will receive a zero. This does not apply to assignments done as a group.

### **Participation**

Full and active participation is Extremely important. Students will be asked to participate in many individual and group activities. Active and quality participation will be rewarded with Utah Bucks! Students are expected to actively participate in each class without interfering with the instruction or learning of others.

**Classroom Participation is defined as** being fully attentive in class, offering verbal contributions to enhance group learning and fully participating in the class activities.

**Healthy Lifestyles Participation is defined as** wearing proper attire, being aware of self and others and learning the skills, knowledge and elements of each activity.

**Courteous demeanor is defined as** (1) Arriving on time. (2) Listening to instructions and class discussions. (3) Working productively on personal work without distracting others. (4) It is not acceptable in class to use cell phones in any manner unless instructed to do so by the instructor during the class period

(this includes ringing or vibrating cell phones, talking on cells phones, text messaging, surfing on the web, snap chatting, checking facebook and similar activities)

## **Cell Phones**

The use of a cellular device during class or an activity is not appropriate unless instructed otherwise by an instructor. Cell phones and other electronic devices should remain in your locker and used outside of classes. If the teacher sees you on your phone during class time, your phone will be confiscated and a parent or guardian will have to come and get the device after school. If you need to use your phone during class ask permission from the teacher and arrangements will be made. Up to 10 bad points will be awarded every time the phone is confiscated.

## **Hats**

Hats should not be worn inside the building. If a students is caught wearing their hat inside the following consequences will ensue. On the first offense, the hat will be confiscated and given back at the end of the day. On the second offense, the hat will be taken and it will cost the student \$3 Utah Bucks to get it back 2 bad points will be awarded. On the third offense, the hat will be confiscated and it will cost \$5 Utah bucks to get it back and 5 bad points will be awarded. If it happens more than three times the hat will be confiscated and it will cost \$10 Utah Bucks to get it back and 10 bad points will be awarded.

## **Unacceptable Behavior**

### Bad Points

Up to 10 points Littering, inappropriate body contact, running, pushing, not returning school materials, messy desk, inappropriate phone use, late homework, unprepared for class

15-20 Dress code violations, snowballing out of bounds, disruptive behavior, inappropriate lunchroom behavior, throwing a implement at someone (outside of a PE game)

20-35 Inappropriate behavior school wide, fighting, threats, intimidation, throwing a implement with malicious intent, disrespect, inappropriate material on lockers or desks, inappropriate language, other inappropriate social behavior, cheating, plagiarism, inappropriate computer use, leaving campus without permission

Up to 50 Failure to comply with state law and district policy on attendance, possession and/or use of illegal substances, theft, vandalism, truancy, pornography, weapons, or hazardous material at school. In addition to the point allocation, automatic court referral will result in those cases where the board policy or state law mandates such action.

- It is not realistic to have a complete list of infractions and consequence points issued therefore teachers will issue points based on the severity of the action of the inappropriate behavior.

### Tardies

15 3 Tardies (accumulated total in class)  
30 6 Tardies (accumulated total in class)  
45 9 Tardies (accumulated total in class)

## Points Procedure

- Points are issued by administration, teachers and staff
- At 35 points parents are contacted and students will have a session of 7<sup>th</sup> period or lunch detention
- At 50 points, ISS(In School Suspension) for the day and parental contact made.
- The second 35 points will again result in parental contact and two sessions of 7<sup>th</sup> period or lunch detention
- The second 50 points will result in ISS and may include a parent-student conference
- The third 35 points will result in the same consequences as step 4
- The third 50 points will result in parental visitation (parent going to school with the student) or suspension
- Points are doubled for referral from a substitute
- Points are reduced for appropriate behavior. If the student is not referred for 15 school days there will be a 50% point reduction.
- Whenever a student has ISS, parents come to school with the student
- When student consistently repeats unacceptable behavior, the points for that misbehavior may be doubled

Note: Frequently, once each term, there will be an activity that students may attend if they do not accumulate 50 points during the qualified period. Students may be held out of this activity, if there are other classroom issues such as make up work. Those who cannot attend the activity will be having a character education class during the activity.

## Citizenship

Citizenship will be based upon classroom participation, behavior and tardiness. Citizenship is a requirement for graduation and we will be following Bear River High Citizenship policy for graduation. The scale is based on H (honors), S (satisfactory), N (needs work), and U (unsatisfactory). N's and U's will jeopardize a student's possibility for graduation. In order for a student to be eligible for any type of trip or activity, a student cannot have an F or a U.

Tardiness is a citizenship issue. Being tardy to class, disturbs the class and requires the teacher to re-teach the material already covered, wasting valuable time. The following shows how tardies will affect student's citizenship grade:

0-2 Tardies	Citizenship will not be affected
3 Tardies	S or lower
4 Tardies	N or Lower
5 Tardies	U

## Absences

Regular attendance at school increases the opportunities for students to benefit from their educational programs. Frequent absences of students from daily classroom experiences disrupt the instructional process thus impairing a student's opportunity to learn. If a student is going to leave school during the day, it would be helpful to all students if they would leave between classes and not in the middle.

If students are to be excused from class, written notice from a parent or guardian is required within five days to the Park Valley School. This written notice can be in the form of a hand written note, an email or a text message

### **Absent Work**

When students miss class it is their responsibility to make up the work missed for that day. If a student is gone for one day they will have one day to make it up. If a student is gone two or more days they will have two days to make up the work that they missed. For example, if a student is gone Monday they will pick up their work Tuesday and then they will need to turn it in Wednesday morning. If a student is gone Monday through Thursday, they will pick up their work on Friday and then they will have Monday and it will be due Tuesday morning before it is considered late. If a student misses a test while they are gone, they will be required to take the test the day they return.

### **Late Work**

Students are expected to turn their work in on time if they want full credit. Even though points will be deducted for late work, it is worth the time and effort to complete any assignment. An assignment will lose 10% each day it is late, until the assignment has reached 50%. Students will also receive bad points for being unprepared for class. Each student will receive 3 late work coupons. If a student has an assignment that is late they can complete the assignment and staple a coupon to the assignment and turn it in for full credit. If the coupons are not used during the trimester and they do not have any late or missing work, they can be redeemed for \$10 Utah Bucks each. All late work will be due by Nov 14<sup>th</sup> (1<sup>st</sup> Tri), Feb 24 (2<sup>nd</sup> Tri) and May 26<sup>th</sup> (3<sup>rd</sup> Tri).

### **Proficiency**

In an attempt to help students master content, if assignments are turned in and earn less than a 70% or less than a 2, the student will be required to do the assignment over.

## **Class Incentives**

### **Late Work Passes**

7<sup>th</sup> and 8<sup>th</sup> grade students will receive 3 late work passes and 9<sup>th</sup> and 10<sup>th</sup> grade students will receive one late work pass. If a student feels that they need more time on an assignment to complete it correctly or if other events take place that make an assignment late then they can use one of their late passes. Staple the late pass to your late work and you will be given full credit for the assignment. At the end of the Trimester you may redeem YOUR Late Passes for \$10 Utah Bucks if you do not have any late or missing assignments.

### **Utah Bucks**

Utah bucks are given out throughout the year for good things that happen. At the end of the trimester the Utah bucks can be used to buy prizes that will be displayed.

### **PE Absences**

Students will be able to make up their participation points when they are absent from PE. They will be required to completely fill out a PE Absence sheet and return it to Mrs. K. Students may also choose to use a PE Pass. One of these passes allow the student to miss a class without needing to make up the missed participation. The pass must be completely filled out and turned in to receive credit. Students will miss participation points depending on how much class they miss. **I WILL NOT ACCEPT PARAGRAPHS AND PE ABSENCE SHEETS THAT ARE NOT CONNECTED AND COMPLETELY FILLED OUT.**

Beginning this year, the 2019-2020 school year, PE passes will be awarded to those who attend and fully participate in activities throughout the school year. PE passes will be awarded for the following activities:

- One hour at an open gym
- Helping at the Carnival for the whole time
- Full participation in the Volleyball tournament
- Participating in a Christmas play
- Competing in all track meet events
- Participating in the end of year program

Other activities may arise throughout the year.

If you choose to miss PE and not make up the time that you missed, your citizenship will be affected. If you choose to miss PE and fail to make up the work of 2 classes or less, citizenship will not be affected. If you miss 3-5 classes without making up that time your citizenship will be reduced by one level. If you miss

6-8 classes without making up that time your citizenship will drop by two levels. If you miss more than 8 classes without making up the time your citizenship grade will be a U. If you have PE passes at the end of the trimester and you do not have any missing days the passes can be redeemed for \$10 Utah Bucks Each.

### Grading Scale (7<sup>th</sup>-10<sup>th</sup>)

100-94	A
93-90	A-
89-87	B+
84-86	B
80-83	B-
79-77	C+
74-76	C
70-73	C-
69-67	D+
64-66	D
60-63	D-
59-below	F

## Park Valley Physical Education Syllabus

**Text:** None, Fitness Gram fitness assessment.

**Course description:** This course will address state physical education standards through a variety of activities. Standards will be met through participation in a variety of team, individual and dual sports along with physical fitness activities.

**Requirements:** Students will be required to wear a pair of court appropriate shoes for class every day and on specified occasions required to dress in exercise clothing (clothes that do not restrict movement but still fully cover the body). Students will be graded weekly using the following criteria:

Being properly dressed out – 4 point

Active participation for the full period - 24 points

Teamwork / Sportsmanship – 8 point

Skills & Fitness tests – 4 Points

You will also be graded on your knowledge of the rules, scoring, and etiquette of the activities we

participate in. As part of the curriculum you are required to set and achieve fitness goal, you will be expected to make progress toward those goals and be graded accordingly.

**Absences:** If you miss a class you will be able to make up your participation points by filling out a PE Absence form with your parent's signature. You may choose to exercise for 60 min or you can do a combination of exercise and writing. You can choose any paragraph topic but you may not choose the same topic more than once. The paragraph should be at least six sentences long with references to back up your opinion. You will probably have to research some information to make sure that you can get your point across. Your activity log needs to state that you did physical activity for more than 45 min and again, a parent needs to sign the paper stating that you did it. Physical activity needs to be something that increases your heart rate above 130 beats per minute for the entire time. Please make sure that when you turn in your late work it **states what day you missed.**

**Open Gym:** Throughout this year there will be times designated as "Open Gym". During these occasions, anyone can come up to the gym and use the equipment available. Mrs. Kunzler will be present at all of these times. This is a great opportunity for you and your family to come to gym, play and be physically active. The following are tentative and subject to change:

Wednesday, October 16, 6:00-8:00pm

Friday, January 24, 6:00-8:00pm

Thursday, April 24, 6:00-8:00pm

One of the requirements to make up missed days in PE is to write a paragraph. The paragraph needs to be a minimum of six sentences, containing at least 8-10 words. Many of the topic you may not know and will require you to look up the information. When you use information from another source, you will need to cite and reference that source. You can choose any of the following topics once.

1. What is aerobic exercise? Give an example.
2. What is anaerobic exercise? Give an example.
3. What is fitness and why is it important?
4. What are five benefits of regular exercise?
5. What is a fitness circuit?
6. Describe a healthy meal.
7. According to the food guide pyramid, describe how many servings of proteins, fruits, vegetables and grains you should eat daily? Give examples of each.
8. What does being physically fit mean?
9. Why is stretching important?
10. What are the benefits of stretching?
11. What is the difference between dynamic and static stretching?
12. Determine your target heart rate. (Get another form from Mrs.K)
13. What does FITT stand for? Give an example.
14. What is resistance training and why is it beneficial?
15. Why is fitness important throughout your lifetime?
16. What are lifetime sports? Give three examples.
17. What is the difference between muscle strength and muscle endurance?

18. What is yoga and how can you benefit from it?
19. What is Pilates and how can you benefit from it?
20. What is zumba and how can you benefit from it?
21. What is muscle confusion and how can you benefit from it?
22. Describe the skill cues for throwing a Frisbee.
23. Describe the skill cues for passing a volleyball.
24. Describe the skill cues for setting a volleyball.
25. Describe the skill cues for serving a volleyball overhand.
26. Describe the skill cues for serving a volleyball underhand.
27. Describe the skill cues for throwing a football.
28. Describe the skill cues for dribbling a basketball.
29. Describe the skill cues for shooting a basketball.
30. Describe the skill cues for dribbling a soccer ball.
31. Describe some of the rules for Ultimate Frisbee.
32. Describe some of the rules for flag football.
33. Describe some of the rules for volleyball.
34. Describe some of the rules for basketball.
35. Describe some of the rules for quadball.
36. What is a football route?
37. Describe quadball to someone who has never played it before.
38. Describe how you score in quadball.
  
39. Think about someone who did something courageous that affected your life. Tell how that experience has changed your view about courage and selfless acts.
40. Define competition in your own personal terms. Are you a competitive person?
41. You're the team captain. Your team members don't get along. How do you get them to work together as a team?
42. Several people in your P.E. class are really uncoordinated and no one wants to include them in the activities. What can you do to make this a positive experience for everyone?
43. Write a lifetime plan for staying physically fit. Your plan should be one that you can/will actually follow throughout your life.
44. Explain why you do or do not perform you best in physical education.
45. Define physical education. What is it? What should it be? Bring personal experiences into your definition.

## **Class Procedures**

### **Assignment Format**

Every assignment needs to have the name, date, and class written in the top right hand corner. Each assignment should also have a title in the top center. If the assignment is hand written, sprizzles must be removed. (Examples follow)

### **Questions**

When questions or concerns arise please raise your hand or come talk with the instructor after class. Questions may also be addressed through email.

### **Ending Class**

Before students will be allowed to leave all tools and equipment must be cleaned and neatly placed in its proper space.

### **Reporting Grades**

All grades will be posted as soon as possible. Parents can check grades online at [www.besd.net](http://www.besd.net). Go to the far right of the web page and click on the Family Tab, then click on the Student Grades tab.

## PHYSICAL EDUCATION ABSENCE MAKE-UP

Students Name \_\_\_\_\_

Date of the class missed \_\_\_\_\_

If you are absent or sick, you will be given a zero for participation points that day. To earn full credit back, you must complete this form and write a paragraph on a pre-approved topic and turn it in before the end of the trimester to regain credit.

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You must complete at least 45 minutes and a paragraph or 60 minutes of aerobic physical activity for each class missed. This activity should be aerobic, meaning you are getting your heart rate up to your target zone. Do any activity that you enjoy such as biking, jogging, jumping rope, cross-country skiing, downhill skiing, or snowboarding,

ice skating, dance, basketball, soccer, hockey, hiking, other games/activities you can think of. Most importantly HAVE FUN while exercising.

If you choose to write, your paragraph should be at least six sentences long with references to back up your opinion. You will probably have to research some information to make sure that you can get your point across.

## CONTRACT TO VERIFY

I \_\_\_\_\_ did the following activity

(Student's Name)

\_\_\_\_\_ for \_\_\_\_\_.

(Activity)

(Number of minutes)

\_\_\_\_\_  
(Parent's Signature)

\_\_\_\_\_  
(Student's Signature)

Name  
Date  
Class

Title

I have read the 2019-2020 disclosure and understand the expectations in Ms. Kunzler's Class. (All legal guardians need to read the disclosure and sign.)

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

