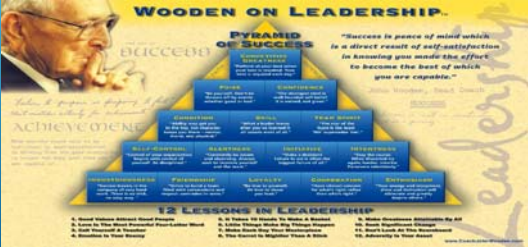


Welcome to Physical Education at TAM




Fall - 2018
Mr. Nygaard


A LITTLE ABOUT ME...

- ▶ 3rd Generation Teacher
- ▶ 13th year teaching at TAM
- ▶ Girls Varsity Soccer Coach
- ▶ Former Varsity Golf Coach (5 Years)
- ▶ Former Boys Varsity Soccer Coach (8 years)
- ▶ Played Golf at Sonoma State
- ▶ I'm a fantasy sports fanatic!



Course Format




- Physical Education at TAM is essentially a blend of a health, nutrition, and “traditional” physical education course wrapped up in one class.
- Mondays will be fitness development days.
- Block periods generally be broken into three segments: classroom time, warm-up / fitness development, and organized activity time.



Core 1 – Program Goals

(Classroom Curriculum)



- Knowledge of and application of “growth mindset”
- Knowledge & Performance of the health-related components of fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility & body composition)
- Intro to the Muscle System
- Principles of Exercise – Personal Fitness Plans




Core 1 – Physical Activities


(Supports understanding of Program Goals)



- Fitgram Testing / Practice
- Badminton
- Ultimate Team Handball
- Pickleball
- Capture the Flag
- Ultimate Football
- Modified Volleyball
- Golf
- Table Tennis
- Resistance Training
- Basketball



Class Procedures



- Attendance will be taken 7 minutes into the start of the period. This gives you time to get dressed. You will be marked tardy if you arrive after 7 minutes.
- You are absent if you arrive more than 10 minutes into the period.
- Students are not allowed in any unsupervised areas: gyms, pool areas, classrooms. Wait for your teacher to let you in!
- If equipment is left out, leave it alone for safety reasons.



Dressing Down




- Students must wear our PE uniform:
 - T-shirt and shorts --- supportive athletic shoes --
 - Warm Ups/Sweats of any color
- If you are missing any of the following items you will have growth mindset points deducted.
- You will always dress down as activities will be modified for injuries/illness.
- If you do not dress down... Loss of ½ Daily Growth Mindset Points &
 - 1st Time: Verbal warning
 - 2nd Time: Contact home
 - 3rd Time: Up to AP's office




Sportfolios



- It should be built according to the Sportfolio Outline that's located on my website.
- It will contain all of your lecture notes, labs, journals, and tests.
- I will expect it to be fully stocked with paper and writing utensils!
- This semester you will be able to use your Sportfolio on the final so you will want to keep it in great condition and organized!!!



Grading



- Grades will be based on:
 - **50% Knowledge of the Program Goals**
 - Tests / Quizzes
 - In-class assignments
 - **50% Application of a Growth Mindset**
 - 5 points per day
 - Must make up days missed
- Application of a Growth Mindset:
 - Preparation
 - Actively participates
 - Uses effort and practice to grow
 - Seeks challenges
 - Builds positive relationships
 - Grows from setbacks
 - Understands the impact of self on team, classroom, & community



Attendance & Participation



- Immediately following your absence, contact your teacher/peers outside of class time or during tutorial to find out about any missing assignments.
- Inform teacher of any medical condition, which might affect your participation and/or safety. Accommodations will be made so you can actively participate.
- If you miss a day of PE, you need to complete a make up day during tutorial to earn your 5 daily growth mindset points.
 - Make ups will take place at Gus Gym every other Wednesday once the first grading period is complete.
 - There will be two sessions you can attend:
 - 9:55am – 10:20am
 - 10:20am – 10:45am
 - Activity will be determined by the teacher running the session.

Backpacks & Non-Class Related Items


- For safety reasons, all backpacks and non-class related items are not allowed in class and must be stored in your assigned locker.
- Valuables can be checked in with your teacher.
- Per School Policy, phone's should **NOT** be used during class time. If a phone is used during an inappropriate time, you will be warned once. The next time it will need to be taken and given to the AP's office for you to pick up at the end of the day.
 - Phones used in inappropriate times will result in a loss of ½ your daily growth mindset points.



Lockers and Locker Room





- You will be assigned a lock and a locker by your PE teacher. Personal locks are not to be used.
- You must use your assigned locker.
- Keep locker combinations private and don't share lockers.
- If your lock is lost you must buy a replacement from your PE teacher for \$5.
- Per School Policy, lockers may be searched at any time.
- Per school Policy, any type of vandalism will result in a suspension.
- Check valuables with your teachers.
- You must assume that if you don't lock your locker that your stuff will be stolen. Always lock your stuff up!!!!!!



My #1 Priority

- Safety is my #1 priority.
- Every student needs to feel like they are physically safe and socially included in this class.
- There is a zero tolerance policy for all disruptive, abusive, and/or disrespectful behavior: homophobic, racist, or sexist remarks.
- Our class is like a team, treat everyone with respect and we will all have a fun and successful year.



1st Homework Assignment

- **Print out:** from Mr. Nygaard's Website
 - "Welcome to Tam PE" Powerpoint and have it signed on the last slide by you and your parents.
 - Sportfolio Outline
- Put together your Sportfolio according to the outline you print out. **25 POINT ASSIGNMENT!**
- **Due:** Monday, August 27th



Signatures

I have read through and understand the course syllabus and policies set forth by Mr. Nygaard and the Physical Education Department.

Parent Signature:

Student Signature: