

Sports Performance Training

2021-2022 Fall Term Syllabus/Course Expectations

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The San Dieguito High School Academy Physical Education Department believes that every student can achieve excellence regardless of size, maturity, coordination, body type, or physical capability.

As a department, we are concerned with developing a young adult's positive attitude towards physical education that will last a lifetime.

'Coach Pec' strives to maintain an activity/standard based program, while teaching lifelong fitness in a safe and enjoyable environment.

My goal as an educator is to develop physically literate individuals who have the knowledge, skills, and confidence to become (and remain) physically active for life.

A Physically Literate Individual

- Uses a variety of skills to participate in physical activities
- Knows how to move and use strategies when they play games
- Knows and practices the skills that help them maintain a healthy lifestyle
- Acts fairly, responsibly, and respectfully when they participate in activities
- Knows why it is important to be physically active

(Adapted from SHAPE America's student-friendly National Standards for Physical Education)

Sports Performance Training activity units are based around the National Standards below:

3F1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

3F2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

3F3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

4C1.3 Create or modify practice/training plans based on evaluative feedback from skill acquisition and performance.

4C1.4 Practice individual and dual activities in real-world settings.

4C3.3 Perform and evaluate planned and spontaneous leadership assignments and roles in high-level individual and dual activities.

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Class Structure

Dress Out (10 minutes)

At the start of each class students will be given 10 minutes to dress into their sport specific clothing. (ie. practice attire for the specific sport they play). Students who do not play a sport are required to wear appropriate athletic clothing.

Attendance (5 Minutes)

Each day, students will be given a Wellness Check Survey on their designated attendance number behind the locker rooms. The survey is designed to inform Coach Pec of each student's mental & physical wellness for that specific day - as well as who will need to leave early for sport functions. We want every single student to be prepared and ready for the class - while maintaining an open line of communication.

Workout of the Day (30 minutes)

Each student reports to the weight room for warm-ups and will participate in a sport specific workout of the day. All will learn comprehensive skills in creating workouts that are personalized and appropriate. The workouts will be dedicated to building awareness in muscular strength, muscular endurance and flexibility as it pertains to their specific sport schedule. (ie. students who run track will focus on stretching and upper body exercises that will not interfere with their after-school performances). Workouts will consist of daily themes: Monday Weight Lifting, Tuesday Speed Training, Wednesday Competitive Exercises, Thursday Cardiovascular Endurance Training, and Friday Choice Day.

Sport Specific Practice (30 minutes)

Once sport specific exercises are completed, students will move to their designated practice spaces. Students are allowed to freely practice with their same-sport peers. If a student does not play a sport, they can choose a group to exercise with. These practices are limited to spaces that are entirely supervised by Coach Pec from the upper field vantage point (ie. upper grass field for soccer, softball field for softball, baseball field for baseball, tennis courts for tennis, and new sport court for basketball/ volleyball -when completed). There may be days when the entire class will need to be concentrated in a specific area (like the soccer stadium). Sport Specific Practices are to be 100% supervised and all activities must be approved by Coach Pec before starting daily - No exceptions. Anyone who sways from these guidelines will be given a referral and will lose their Sport Specific Practice privileges for 1 week.

Closure (15 minutes)

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Students will clean up their designated areas and report back to the weight room for further instruction. Class will spend remaining time in the locker room 'breezeway' until the bell rings for dismissal.

PE Clothing, Lockers and Theft

PE students are required to have plain clothes for daily use - including a t-shirt, athletic shorts, yoga style pants, and securely laced shoes. *Examples of unacceptable attire include volleyball shorts, cut off tees, and sports bras without a shirt.* ***SDA's Dress Code must be followed at all times.***

Each student will be issued a lock & locker to store and lock their belongings during PE class. *The PE Department suggests that expensive items are NOT brought to school as there are thefts from locker rooms. The school is not liable for any lost or stolen items brought to school whether they are locked or not locked. NO CELL PHONES unless previously stated for class assignments. Phones are to be locked in your locker.*

Graduating SDA students will complete 20 units of PE coursework

Assessment and Evaluation

(50% participation/50% State Standards)

Students' grade is based on assignments, physical assessments and peer evaluation. Students can earn up to **3 points per day** in PE class. Points are awarded for active and engaged participation, which means working hard, positive attitude, not sitting down and working respectfully with your teacher and others. There is no 'extra credit'. Every student who comes to class earns 1 point for the day for showing up **Up to (3) PRIDE points (Personal Responsibility in Daily Efforts)** are earned for dressing out appropriately, being on time and participating in the warm up.

- **A = Outstanding;** 90-100%. Demonstrates a profound commitment to the course material and participates in Warm Up and willingly engages in dance activities exhibiting a positive attitude and enthusiasm towards the daily lesson. Initiates and tries new activities and ideas. Shows appropriate etiquette, citizenship, language, and maturity.
- **B = Good;** 80-89%, Participates in activities and displays a positive attitude in a conscientious and dedicated manner. Shows appropriate etiquette but may lack motivation at times, takes breaks from participating in activities.

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- **C = Satisfactory; 70-79%**, Attends class. Participates in activities with minimal effort. Tries new activities and challenges when given peer or teacher support. Works with others co-operatively and is respectful to classmates but falls short of demonstrating rigor and mastery. Every student begins the PE class period at this level. Cell phone use interferes with success in class.
- **D/F = Needs Attention; 0-69%**. Student chooses to not dress out and/or participates only when encouraged. Student comes to class unprepared both mentally and physically. May display effort only in activities of their personal interest. Student is reluctant to try new challenges and misses class. Student fails to fulfill the requirements of the course as listed in syllabus.

Make Ups/Medical Doctors' Notes

The following are guidelines for students who are unable to participate in P.E. class due to injury or extended illness.

1. A physician's note is required if an absence from P.E. extends past three class sessions.
2. The physician's note will need to include any modifications or restrictions on physical movement.
3. The P.E. teacher will attempt to modify the student's P.E. program to meet the guidelines of the physician.
4. If modifications cannot be made, the student will be temporarily exempted from P.E. as provided by Ed. Code 51241. At the time of exemption, the student will exit and re-enter P.E. with the grade earned at the time of injury. During the period of exemption, the student may be assigned as a Teacher Aide.
5. If the injury extends past five weeks (for traditional semester schedule) or 12 class sessions (for the 4x4 schedule) during the semester, the student will be given a temporary exemption for the current semester and will be dropped from the current P.E. class if no modification can be made. If accommodations can be made, they will return to the P.E. program.