



Summerville Union High School Physical Education, Athletic PE

**“STRIVING TO KEEP SUMMERVILLE ATHLETES
STRONG IN THE CLASSROOM AND ON THE FIELD”**

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Credits: 1 year – Physical Education

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1 year – Physical Education

COURSE DESCRIPTION

This blended course will provide student athletes the opportunity to reach their academic and athletic goals during the school day. It is intended for student athletes committed to improving their athletic performance by increasing fitness in the areas of strength, agility, jump training and overall conditioning with skills practice and is also combined with time to focus on academic success.

COURSE STRUCTURE

Athletic PE will be scheduled for A days. “In-season” athletes will have physical conditioning/strength training and practice on non-game days and coaches discretion on game days. “Out-of-season” athletes will have physical conditioning/strength training and academic catch up during class time. The intent is to allow year-round strength/conditioning training and practice as well as allow for homework/study time. The goal of this class is to make sure every effort is made to maximize the success of our athletes as student athletes

COURSE OBJECTIVES

1. Develop the physical and mental “tools” needed for academic and athletic success.
2. Meet the needs of our student athletes in obtaining both physical and academic goals.
3. Evaluate and Improve organizational skills and athletic skills.
4. Evaluate and improve on current levels of fitness to improve performance
5. Provide time and guidance to ensure the student athletes maintain academic eligibility.
6. Greatly reduce stress and time for our student athletes.

STUDENT LEARNING OUTCOMES

1. Maintain academic eligibility.
2. Improve performance levels for strength, agility and overall conditioning.
3. Learn to balance academics and athletics while maintaining good character.

CLASS RULES

1. **Respect** yourself, your peers and your teachers
2. Put forth your **best effort** in and out of class.
3. No cell phones or I pads in class unless used for teacher approved activities.
3. Be **prepared** for class. **Do NOT complain about the workouts.**

GRADING SYSTEM

Grades are based on the following areas:

1. Attendance.....5 pts.
2. Participation.....10 pts.
3. Dress.....5 pts.

If an athlete misses class for a sporting **event**, their absence will be marked **excused**. The athlete **must** let the instructor know that they are on campus that day and will be going to their contest. If the athlete **does not** arrange the sport absence with the instructor, the points missed will have to be made up.

“Ability is what you’re capable of doing, motivation determines what you do, and attitude determines how well you do it!” --Lou Holtz

STRENGTH AND CONDITIONING

Athletes will be expected to be self-motivated and work hard to improve fitness levels to improve athletic performance. Points will be given for each day of active participation. The point totals will be based on the % of points earned throughout the grading period. In the case of a missed class due to the participation in a sporting event, the athlete will receive an excuse for the day only if they checked in before leaving for their contest. Missed classes for athletic contests will not count against the student-athlete and no make-up will be required. If an athlete misses classes for any other reason than a sporting event, they will have an opportunity at the end of every grading period to make-up for what they have missed.

ACTIVE PARTICIPATION

- Active Participation will be evaluated each class session.
- Points will be given each class for being on time, prepared, and successfully completing the entire workout or practice.

GOAL ASSESSMENTS

- Set SMART goals
- Assess goals and establish new goals throughout the semester as goals are met.

CLASS GUIDELINES

- Be on time, dress appropriately, and work hard the entire class session.
 - Work-out attire:
 - Workout clothing must consist of shorts, t-shirts, sweats, etc.
 - Tennis shoes are mandatory
 - Respect the learning environment
 - Put equipment back and leave the facilities better than you found it.
 - No food allowed in the work-out area
 - Bring a lock, receive your locker assignment and use your PE locker always!!!
 - ✓ **LOCK** all personal items in your locker..
 - Locker room rules/safety must be followed.
 - Respect
 - Use appropriate language (verbal & body).
 - Communicate.....Let Mrs. Peterson or Mr. Leveroos know of any injuries or concerns immediately.
 - Respect yourself by always giving your best effort and do not mess around.
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STUDENT/ATHLETE GOALS AND NEEDS

Student Name: _____

Class Period: 4A

Team Sports that I **will** participate in during the 2022-2023 *school year*:

Team Sports that I am **considering** participating in during the 2022-2023 *school year*:

Student comments:

My goal is to improve.....

Parent/guardian comments:

I need Mrs. Peterson and Mr. Leveroos to know that..... (Past injuries, situations, etc.)

I have read and understand the guidelines and expectations for Mrs. Peterson's and Mr. Leveroos

Strength and Conditioning/Practice and Academic Success FOR ATHLETES.

Student

Signature: _____ Date: _____

Parent/Guardian

Signature: _____ Date: _____