

Locker room rules

1. You may not run in the locker room.
2. There is no screaming in the locker room
3. There is no eating or chewing gum in the locker room.
4. Students are never allowed to enter the office without asking.
5. Students may not leave the locker room without permission.
6. Never give your locker combinations to your friends
7. Students are not allowed to share PE clothes.
8. Students must dress out in a PE shirt, PE shorts, and shoes.
9. There is absolutely no horseplay in the locker room.
10. Horse play is running, standing on bleachers, touching equipment, or playing in the shower area.

Volleyball:

11. If there are seven players on a volleyball team, only six players may play at one time
12. Rotation occurs after a side out
13. To follow a legal rotation order, a team must rotate in a counter clockwise direction
14. A ball hitting the net during play, is still playable
15. The right back player is the server
16. A setting pass is used when the ball looks like it is falling into a player's eyes
17. Which way does the team rotate? Counter clockwise
18. How many players are on the court at a time? 6
19. How many games are in a match? Best out of 3
20. How many points must you win by? 2
21. How do you serve a volleyball? Underhand and overhand serve
22. Where must you serve the volleyball from? Behind the volleyball end line
23. How many times can a team pass and hit the ball on their side of the court before it goes over the net? 3 times
24. What is a pass used for? receiving serves
25. What is the most difficult play in volleyball? A spiked volleyball.
26. What does Peppering mean in volleyball? A drill when you use the skills, pass-set- hit
27. What are the most common types of hits in volleyball? Passing, Setting, Hitting
28. How many times may a team hit the ball when it is on their side of the net? 3
29. What type of scoring is used in High school and College volleyball? Rally Scoring
30. The game of volleyball is played to what score? 25
31. How many players are on the court at a time in a regular volleyball game? 6

Basketball

- Chest pass is used with feet and shoulder-width apart and the knees slightly bent
- Chest pass, hold the ball with the fingers not the palms. The fingers should be on the sides of the ball and the thumbs should be on the back of the ball.
- Chest pass, Hold the ball at chest level, the elbow out to the sides.
- Chest pass, step forward when passing

- Two-handed bounce pass, Keep the elbows out to the sides
- Two-handed bounce pass, focus on a point two-thirds of the way to the target
- Two-handed bounce pass, bounce the ball up to the partner's waist
- Catching the ball, Step out toward the ball
- Catching the ball, Catch the ball with both hands, grasping with fingers
- Catching the ball, focus on the ball.
- If you dribble to stop in two steps, you are allowed to move the front foot as often as you like as long as you keep the back foot stationary. Pivot turning is legal
- As person who is hit by his opponent while he is shooting the basketball gets two foul shots if his shot misses the basket and one foul shot if it goes in
- A lay up shot is worth 2 points
- When a team makes a mistake that is not a personal foul, the other team takes the ball out? IF you want to rebound the basketball you need to get near the basket and jump when the ball hits the basket.
- Good Dribbling technique requires that you meet the ball at the waist
- The pass and go strategy requires that you change your place on the court immediately after passing the ball
- If you watch the basket when you are guarding, you won't be able to stay with you person
- It is good team play and the proper goal of any team player on defense-to stop the score and try to get the ball.
- For the best control of the ball, the fingers of your hands should be spread out on the ball

Pickleball

In 1965, in the state of Washington, US congressman Joel Pritchard invented a family game-pickleball. The name pickleball came from the family dog, Pickle, who used to chase the balls all over the yard. What was once a backyard game played by few is now a game played in thousands of schools, recreation centers, and homes. Pickleball is played in the United States as well as Canada, Japan, Singapore, and Western Europe.

Fun facts:

- There are more than 100,000 pickleball enthusiasts worldwide.
- The United States Pickleball Association (USAPA) was founded in 1984
- In 1999, the USAPA released its Official Pickleball tournament Rulebook
- In 1999, the State Games of Oregon included pickleball as a sport

Benefits of playing:

- Pickleball is great for hand-eye coordination
- Pickleball helps you build self esteem
- It can be played when you are 5 or 85
- It can be played indoors and outdoors

It is a ton of fun

Course goals

- a. To develop emotional control, good sportsmanship, and proper game etiquette.
- b. To gain knowledge of rules, history, playing positions, terms and scoring of various activities.
- c. To develop the ability to exhibit respect for classmates and respect for authority.
- d. To have FUN while learning physical skills and activities.
- e. To develop good habits and feelings about healthful living.
- f. To develop physical fitness.
- g. To explore many skills for recreational use now and in the future.
- h. To develop qualities of leadership and the skills of accurately following directions and instructions.

II. Course content

- a. Students participate in team sports, individual/dual sports, health related fitness and wellness activities and lifetime recreational activities. Self-esteem will be incorporated into all area of the curriculum, as well as exploration of career opportunities in related fields.

III. Activities

- a. The day's activity will be posted for each class in the Physical Education office window underneath each teacher's name.
- b. All students will have an opportunity to participate in a variety of activities.

IV. Evaluation

- a. Criteria for arriving at students grades
 - i. Participation – this is a physical education class, so you will be expected to be physically active. Eighty percent (80%) of your grade will come from class participation and skill, (20%) written exams.
 1. Three (3) points are earned daily:
 2. Points will be deducted for not dressing out properly, not participating to the best of your ability, and/or infractions of any class, locker room, or school rules.
 3. Each time points are lost by a student it will be documented by a mark in the teachers roll book or an acknowledgement in the Physical Education Behavior Book.

ii. A student CANNOT PARTICIPATE if not dressed in appropriate P.E. attire, including proper shoes.

iii. If you do not dress, you do not participate; therefore, you do not earn points for the day.

1. Non-Dress – choosing not to dress out for class is a choice the student makes and the student must deal with the consequences.

You will earn 3 points per day; each non-dress will result in greater consequences to your grade – **NON- DRESSES CANNOT BE MADE UP!**

- iv. Clothes may be rented if you forget yours.
- v. If you are ill, a note from the school nurse or a parent can be written for a maximum of three days. A doctor's note is required for longer duration per CCSD

When a student is absent it is their responsibility to complete make-up work. You will have one week from the time you return to complete the make-up work. For participation, you will write a one-page report on sports, health or physical fitness. For mile day, see your teacher for make-up.

- vii. Homework/in-class assignments
- viii. Test/quizzes
 - 1. Skills Tests - it is important for you to do your best.
 - 2. Written Tests - game rules, fitness information, etc.
 - a. When students are taking a written exam they are not allowed to talk. All students will be given a warning before the test. The next infraction will result in 10 points off the test score of that student and another infraction will result in a zero on the test.
- ix. Extra Credit will be offered occasionally.
- x. Semester exams will count as 20% of the student's semester grade.
The 1st quarter and 2nd quarter grade will count for 40% each.

V. Grading Scale:

- a. A =
90-100%
- b. B =
80-89%
- c. C =
70-79%
- d. D =
60-69%

e. F = Below 60%

f. How and when students will be advised of their grades

- i. Parents and students are urged to check the Infinite Campus on our website regularly. Passwords will be handed out the third week of school.

g. Citizenship: Your Citizenship Grade Will Be Affected By The Following:

- i. Attitude.

- ii. Complying with school, locker room and classroom rules - includes tardies.
- iii. Attentiveness.
- iv. Responsibility.
- v. Insubordination.
- vi. Sportsmanship.
- vii. Cooperation.
- viii. Emotional Control.
- ix. Three (3) or more non-dresses will result in an automatic 'U' in citizenship.
- x. Failure to pay I.O.U.'s for rental clothes by the end of each quarter will result in an automatic 'U' in citizenship.
- xi. Students will be asked to sign a Behavior Book to acknowledge that they have broken one of the preceding rules. Citizenship grades will be based upon the following.