Seaside High School

Course Title: Advanced Sports

Course Description: This course will involve speed training, plyometrics, core strengthening, flexibility, cardiovascular conditioning along with various sport skill development.

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Oregon State Standards Learned in this Course:

1. PE.HS.EE.01 Demonstrate competency (basic skills) in complex versions of three or more of the following categories of movement forms and more advanced skills in one or more movement forms.

(One activity counts in one category)

Individual activities

Dual activities

Aerobic/cardio-respiratory lifetime activities

Outdoor pursuits

Dance, self-defense, yoga, martial arts

Team sports

Strength training & conditioning

Aquatics

1. PE.HS.EE.03 Communicate to others basic strategies specific to one team activity and one dual or individual activity.
2. PE.HS.FL.01 Participate in physical activities and evaluate personal factors that impact participation.
3. PE.HS.SM.01 Analyze and apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.
4. PE.HS.SM.02 Apply conflict resolution strategies in appropriate ways and analyze potential

consequences when confronted with unsportsman-like behavior.

Oregon Common Core State Standards:

1) 9-10.RST.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to *grades 9–10 texts and topics*.

2) 11-12.RST.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to *grades 11–12 texts and topics*.

Grading Policies: Students can earn 10 points per day based on attitude, effort, participation and dressing down. Students will lose points if any of the following occur:

1. Failure to dress down
2. Foul language
3. Poor attitude and or behavior
4. Lack of effort
5. Absent
6. Tardy

Make-Up Work: Students may make-up excused absences by exercising a minimum of 30 minutes and writing a half page summary of that workout.

Locker Room Expectations:

1. Students are responsible to bring a towel for their personal use
2. Students will be issued one lock and a basket
3. Lost or damaged locks will cost $10 to replace

Dress Policy: Students will dress in PE clothes daily. Proper PE attire includes:

1. T-shirt or sweat shirt
2. Athletic shorts or sweat pants
3. Socks
4. Non-marking gym shoes which must be tied tight