

**PE 2 COURSE  
ROCKLIN HIGH SCHOOL  
PHYSICAL EDUCATION ELECTIVE 10**

This course is designed to provide an opportunity for students that did not pass five of the six state fitness tests to develop a fitness level to pass the test. The emphasis of the class is to improve the student's fitness ability. Flexibility, cardiovascular endurance, muscular endurance, and muscular strength will be emphasized. Students will also be introduced to exercises and activities that are life-long activity.

**Class Material:**

- Water bottle (optional but highly recommended)
- Required PE clothes (gray shirts, royal blue shorts)
- Comfortable yet supportive tennis shoes for light jogging and lifting.

**Course Content:**

- Conditioning through the many exercises and routines to improve the scores on the state fitness tests. Exercises will vary from day to day. The instructor will be with the students at all times. Students are required to do all activities.
- Fitness and exercise principles will be emphasized throughout the course

**Essential Concepts and Skills:**

- Skills testing and assessments in each unit
- Peer teaching and peer assessments
- Personal fitness program now and for the future
- Two Aerobic Assessments per quarter

**Course Expectation for Students:**

- Students must follow the guidelines for PE
- Regular attendance
- Respect for all peers and teachers
- Active participation and positive attitude at all times
- Appreciation and enjoyment of exercise

**Grading Policy:**

**A = 90% - 100%**  
**B = 80% - 89%**  
**C = 70% - 79%**  
**NO CREDIT = 69% and below**

**(OVER)**

**Final quarter grades: 80% of the students' grade is based on participation, 10% of the grade is based from written and skills assessments and 10% of the grade is based on completing the Aerobic Assessment. Quarter grades are averaged to determine the semester grade. Quarter grades must be at a 70% or higher to receive a letter grade at the semester, otherwise a No Credit will be given.**

For further details on the grading policies for physical education, please use the PE Handout as a reference on our website at <http://www.rocklin.k12.ca.us/staff/ddevinna/pe/index.html>.

**RHS Physical Education Department**

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Teacher	Extension
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Muscarella	6193
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Adams	6191
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DeVinna	6196
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Depue	6192
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Taylor	6194
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Benzel	6296
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