Cornell High School

Physical Education Program

Cross Training Syllabus

Instructor: Greg Sonnentag

Office Hours:

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UNITS: Flag Football, Biking, Softball/Kickball games, Fishing Fundaments, Hunting Basics, Cross Country Skiing, Winter Games/Survival Exercises

Class Description

* Students will be able to label and explain 3 different areas of competitive biking
* Students will understand the basic fundaments and rules of flag football
* Students will work together to create a playbook in flag football
* Students will be able to explain baseball/softball fundamental in terms of: base running, hitting, and fielding.
* Students will be able to up to identify up to 15 different types of fish found in Wisconsin
* Students will be able to identify 3 different types of fishing rods
* Students will be able to perform an overhead cast over 20 yards.
* Students will learn the safety steps of hanging tree stands and climbing a tree for hunting
* Students will learn how to purchase DNR tags/register vehicles.
* Students will be able to Cross Country Skii over 1 mile in one class period
* Students will learn how to survive a winter night when stranded.

**Attire**

To participate safely and effectively in this class, students need to have proper clothing for physical activity. The following items are allowed during physical education:

1. Shirts (and any other clothing) should have appropriate language. Short- sleeved shirts should be worn indoors.
2. Proper Shoe wear needs to be worn based off the expectations of the unit. Students need to have tennis shoes available for ALL classes.
3. Shorts should follow school dress code via student handbook
4. Jewelry and metal items should be removed before class and stored in locked lockers.
5. Hair should be tied back loosely.
6. Clothing should be school appropriate, no bellies showing, and no low cut shirts or tank tops.
7. Students need to always be prepared to go outside for PE… even during the winter months. They should have extra clothes stored in their lockers.

Please note: Tank tops are allowed only during the workouts. Straps must be at least two finger widths thick. No bellies showing here either so clothing will need to be tight fitting or tucked in.

**Class Time Guidelines**

* Students are expected to be in position for roll in the gym seven minutes after the bell rings.
* The locker rooms will remain locked during class; bathroom needs should be attended to prior to class. Students will report to the locker room again five minutes prior to the bell to release them from class.

Equipment

The equipment that we will be using is property of the school. We ask all students to please treat it with respect. If mats are used during class, and they are to be returned to equipment room in the same fashion as they were found. Other equipment will be issued on a day specific basis and also returned to equipment room in proper slots.

**Grading**

* Daily Participation in class is very important in this class. Factors that will help determine your grades include Preparedness, Respect, and Participation. You can earn a maximum of 3 points daily.
* A journal will be worth 70 points and due at the end of the quarter. The journal will consist of a daily log including: A reflection on how you felt before and after class, and what you liked most about that day.
* Skill Tests will be performed in several units.
* There will be written tests on basic concepts in each unit

**Make-up work school policy**

1. It is the student’s responsibility to get the work he/she has missed from any excused absence immediately upon return. A student may have additional exercises to do outside of the classroom to make up for absence.
	1. Students have the ability to make up all work, including tests, quizzes, assignments, and daily points (if excused) if the student so chooses. All the made up schoolwork must be taken under the conditions set by the Instructor of the class as defined in the course syllabus.
	2. Any work not made up from absences shall result in loss of credit for the assignments, quiz, daily points, or test.
	3. All make-up work shall be completed and submitted to the instructor or you will receive a zero.
	4. Provide an explanation of absence upon the student’s return. All written, emailed or phone calls from parent/guardian excuses must be received upon the student’s return to school or the absences will be marked as unexcused.

**Grading Policy:**

* 1. Student grades will be based on the following criteria:
		1. Daily Points 40% (10 points daily based on changing, participation, and behavior)
		2. Written Tests 25%
		3. Skills Tests 20%
		4. Homework Assignments 15%
	2. Grading Scale

93-100 A 73-77 C

90-92 A- 70-72 C-

88-89 B+ 68-69 D+

83-87 B 63-67 D

80-82 B- 60-62 D-

78-79 C+ 0-59 F

Your signature below indicates that you have read and understand the information provided above. A copy of this syllabus will be available online at **gregsonnentag.weebly.com**

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 Student Name (Please Print) Signature of Parent(s) or Legal Guardian Date