

**College Park High School**  
**2011-12 Physical Education**  
**BOWLING**

**Physical Education** is the practice, study, and knowledge of human movement that results in lifelong appreciation and practice of fitness, wellness, and physical activity. No other area of the curriculum is designed to help children learn motor and lifetime activity skills. This makes Physical Education a necessary and important component of the total school curriculum.

**STANDARDS:**

For high school youth there are only three overall model content standards. They are:

**Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.**

**Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.**

**Standard 3: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity**

**LAB FEES**

This league will cost \$110. The first semester payment must be paid in full by September 13, 2011. Second semester fee must be paid in full by February 13, 2012. If the payment is not received in full by the due dates, the student will not be allowed to bowl until paid in full, and the missed games will need to be made up on the student's own time. Checks and cash accepted. **Please make checks out to Diablo Lanes with students first and last names on the memo line.**

**Class Policy/Rules**

1. Weekly possible points: Monday – 5 points possible per session, Tue/Thur, Wed/Fri – 5 points possible per session. Total of 15 points per week.
2. **TRANSPORTATION ISSUES ARE NOT EXCUSES.** Morning class starts at 7:50. Afternoon class starts 12:42. Students are tardy at 7:51 in the morning class and 12:41 in the afternoon class. Students will receive zero points for each truant absence. Tardiness will result in not earning two possible points. Any bowler entering after 8:00 am or 12:50 pm will not be allowed to enter game in progress and must wait until the next game.
3. Attend class daily. All unexcused absences/truants, and tardies will result in the students **NOT** being allowed to make up games missed. All make up games/work are to be done on students **OWN** time with printed documentation from bowling center. Make up games must be within 10 pins of your average. All makes ups will need to be turned in within two weeks upon return to the class.
4. Follow class and student handbook rules. **NO ELECTRONIC DEVICES ALLOWED** (i.e. iPods, mp3 players, cell phones, computers, etc.).
5. Students are responsible for their behavior in the bowling center and must follow The Diablo Lanes rules as well. **NO FOUL LANGUAGE.**
6. No abusing the equipment.

7. One person at a time on the approach.
8. One bowling ball per person (girls use 10 pound bowling balls and up, and boys use 14 pound bowling balls and up) If a student has a special need, and medical documentation, we will be happy to make an accommodation.
9. **Allow pins to be set completely, pinsetter in up position, before you roll the ball. If the rack is hit, student will be suspended from bowling for a minimum of three games on first offense and student that hit the rack will not earn all points possible that day. On Second offense and everyone thereafter will result in a 7 game in class suspension. Student may not return to bowling until that suspension is served.** All games missed due to suspension may not be made up.
10. Students are responsible for returning bowling balls back on racks, putting shoes away (heels turned towards desk), shoelaces untied, and cleaning bowling area or else all possible points may not be earned.
11. Students will **DRIVE CAREFULLY** to and from class including the parking lot.
12. Students must fill in recap sheets completely. **NO CHEATING – CHANGING SCORE/HAVING OTHER STUDENTS BOWL FOR YOU.** No bumpers.
13. Students must follow bowling etiquette and must represent CPHS in a positive manner. Repeated rules violation, classroom disturbances, and infractions may be subject loss in bowling privileges and possibly be removed from class.
14. **NO OUTSIDE FOOD OR BEVERAGES.** No food or drink out on the approaches.
15. Students must not go past the foul line at any time. If you have a bowling ball stuck or a lane issue, please contact your coach or Diana at the front desk.

**Infraction of rules will result in student not earning all possible points.**

### **Dress Code**

All College Park Dress codes are in effect. No hoods will be allowed to be worn indoors. No sagging pants or shorts. Please refer to the CPHS student handbook. Bowling is an athletic activity, if your clothes prevent you from participating you will receive a zero.

### **GRADING**

Students will be graded on skills and written tests, games bowled, attendance, behavior, and performance.

- 1<sup>st</sup> Semester - Boys need to end with a 115 average minimum  
 Girls need to end with a 105 average minimum
- 2<sup>nd</sup> Semester - Boys need to end with a 125 average minimum  
 Girls need to end with a 115 average minimum

These averages must be earned by the end of the semester to earn an A in the skill portion of the course.

For any student that attains this average (boys – 175, girls – 140) in a week (seven games) he/she will be awarded a free make up game.

**PLAGUERISM: STUDENTS ARE EXPECTED TO TURN IN ORIGINAL WORK!**

**PLAGUERISM IS DEFINED IN THE STUDENT HANDBOOK. THE FIRST OFFENSE WILL RESULT IN FAILURE OF THE ASSIGNMENT, THE SECOND IN FAILURE OF THE COURSE!!!**

**ABSENCES:** Physical Education is a participation-based class, and regular attendance is critical for success. If a student misses class for any excused absence/ medical, make up work will be assigned. If a student is going to be absent for a prolonged period of time and knows about it in advance, he or she should contact the teacher to receive work to complete while absent. As always, UNEXCUSED/ TRUANT ABSENCES and NON-PARTICIPATION/SUSPENSION WILL RECEIVE A 0 FOR THE DAY AND NO MAKE UP WORK WILL BE ACCEPTED!!!

**MEDICAL INFORMATION**

If a student is unable to participate in physical education for a medical reason, the teacher must have a note from their parent or guardian. Written make up work will be assigned for all days missed.

After one week (three class sessions) with a parent note, a doctor's note will be required.

Participation in all of the class activities is a prerequisite to earn credit in physical education.

**MEDICAL CONDITIONS:** It is extremely helpful to the teacher to be aware of any medical problems that your child experiences. A note from your doctor will assist us in planning or adapting your child's program. This information will be kept confidential. (PLEASE FILL OUT FORM AT END OF THIS LETTER AND RETURN TO PHYSICAL EDUCATION TEACHER).

**PLEASE SIGN AND RETURN THE BOTTOM OF THIS FORM.**

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To: PHYSICAL EDUCATION DEPARTMENT

I have received and read a copy of the physical education syllabus and agreement.

**Student name:** \_\_\_\_\_

**Physical education period:** \_\_\_\_\_

**MEDICAL CONDITION, MEDICATIONS, IF ANY THAT TEACHER SHOULD BE AWARE OF:**

Please attach doctor's note or send with student. Information will be kept confidential.

**Parent/Guardian Signature:** \_\_\_\_\_

Parent/Guardian Name (printed): \_\_\_\_\_

Emergency Contact Information \_\_\_\_\_