



Swimming

2016-2017 | West Allis Central High School



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I was born and raised in West Allis, graduate of WAC '81. I majored in Physical Education with a minor in Health from UW - Milwaukee. I earned my Master's degree from UW-LaCrosse in Professional Development. I have been teaching physical education in the WAWM school district for more than 20 years.



Course Description	Key Learning Outcomes																													
<p>This course is designed to teach the non-swimmer how to feel comfortable in the water and how to develop basic swim skills. It is also designed for the swimmers who wish to improve their swim skills and stroke development.</p>	<p>Physical education, by nature, relies on student participation. The goal of physical education is to develop fitness and acquire the knowledge and skills necessary for an active, healthy lifestyle.</p>																													
Course Assessments																														
<p>The grading scale for the class is the district grading scale.</p> <p>Homework/writing assignments/goal sheets/skill practice based on fitness unit or activity (formative assessment) are worth 20% of your grade.</p> <p>Daily participation/Skills Tests/Written Tests (summative assessments) are worth 80% of your total grade.</p> <p>Final Grade Quarter One: 45% of your final grade. Quarter Two: 45% of your final grade. Final Exam: 10% of your final grade.</p>	<table border="1"> <thead> <tr> <th>Letter Grade</th> <th>Percentage</th> </tr> </thead> <tbody> <tr><td>A+</td><td>97%-100%</td></tr> <tr><td>A</td><td>93%-96%</td></tr> <tr><td>A-</td><td>90%-92%</td></tr> <tr><td>B+</td><td>87%-89%</td></tr> <tr><td>B</td><td>83%-86%</td></tr> <tr><td>B-</td><td>80%-82%</td></tr> <tr><td>C+</td><td>77%-79%</td></tr> <tr><td>C</td><td>73%-76%</td></tr> <tr><td>C-</td><td>70%-72%</td></tr> <tr><td>D+</td><td>67%-69%</td></tr> <tr><td>D</td><td>63%-66%</td></tr> <tr><td>D-</td><td>60%-62%</td></tr> <tr><td>F</td><td>0%-59%</td></tr> </tbody> </table>		Letter Grade	Percentage	A+	97%-100%	A	93%-96%	A-	90%-92%	B+	87%-89%	B	83%-86%	B-	80%-82%	C+	77%-79%	C	73%-76%	C-	70%-72%	D+	67%-69%	D	63%-66%	D-	60%-62%	F	0%-59%
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Make Ups	Units of Study																													
<p>Students have the opportunity to earn participation points back by completing a make up. Make ups can be completed before, after school, or during CAP with teacher approval.</p>	<p>Units of study can include safety skills, front crawl, back crawl, elementary backstroke, sidestroke, breaststroke and butterfly. Class will also incorporate water games and advanced swim skills such as flip turns and diving.</p> <p>Students will be swimming EVERY day in this class.</p>																													

Exam Exemption Policy	Retake Policy				
<p>Must have an A- or better in class to be exempt, 5 or fewer excused absences, 5 or fewer unexcused tardies, with no suspensions or outstanding classroom consequences.</p>	<p>Students may retake a written test or skill test by making an appointment with their individual teacher.</p>				
Required Materials <small>These items should be brought every day.</small>	Medicals				
<p>Swimsuit - one piece swimsuit for girls is preferred. If only a two piece suit is available, must wear a swim type shirt to cover midsection. Boys must wear swim trunks with a liner and drawstring.</p> <p>Must bring your own towel.</p> <p>Optional but highly recommended for personal hygiene: soap, shampoo, deodorant, body lotion.</p> <p>Swim caps for those with longer hair or hair must be pulled back with a hair tie.</p>	<ul style="list-style-type: none"> · A medical is required if a student needs to be medically excused from physical education. · Must be on a doctor's script and authorized by medical personnel. · If a student sits out with a medical for more than half the quarter, they will receive a medical instead of a grade. · New medicals are needed each year, with current date clearly indicated. · Specific conditions and limitations must be indicated on medical. · Please alert the teacher of any medical conditions. 				
Classroom Behavior Management System	Lock/Technology Policy				
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Verbal Warning</td> </tr> <tr> <td style="padding: 5px;">Intervention 1 - Conference with student.</td> </tr> <tr> <td style="padding: 5px;">Intervention 2 - Phone call home.</td> </tr> <tr> <td style="padding: 5px;">Office Referral</td> </tr> </table>	Verbal Warning	Intervention 1 - Conference with student.	Intervention 2 - Phone call home.	Office Referral	<p>Each student is issued a school physical education lock. All personal belongings - backpacks, purses, technology, etc. - must be stored in their gym locker.</p> <p>NO technology is allowed in the locker room or pool.</p> <p>Personal belongings will not be allowed in the pool.</p>
Verbal Warning					
Intervention 1 - Conference with student.					
Intervention 2 - Phone call home.					
Office Referral					
Student/Parent Signature					
<p>I have read the Physical Education course syllabus and will adhere by the expectations.</p>					
<p>_____</p>	<p>_____</p>				
<p>Student Signature</p>	<p>Parent Signature</p>				
<p>_____</p>	<p>_____</p>				
<p>Phone Number</p>	<p>Email Address</p>				
<p>Please list any medical concerns about your child:</p> 					