



PAPILLION-LAVISTA SOUTH HIGH SCHOOL

Instructors: Joel Hueser, Tom Horton, Anna Peterson,

Tyler Houchin, Ben Bails & Tate Norblade

Fee: Lost padlock is \$5. | Duration: Semester

School telephone number: (402) 829-4600 | Emails: See Staff Directory

COURSE TITLES:

Intro to PE Course Description is designed to introduce you to an overview of basic physical fitness principles and skills. This class includes 6 weeks of cardiovascular activities, 6 weeks of strength training and 6 weeks of health.

Indoor/Outdoor Course Description is designed to teach the rules and strategies of popular indoor and outdoor sports. Outdoor sports will include Flag Football, Soccer, Softball, Tennis and Ultimate Frisbee. Indoor Sports will be Volleyball, Basketball, Badminton, and Wiffle Ball.

Cross Training with Cardiovascular Emphasis focuses on improving a person's flexibility, cardiovascular endurance and muscular endurance, and leading to a healthy lifestyle. This class will allow students to improve their aerobic/anaerobic endurance. It will teach students to develop the five physical fitness components.

Cross Training with Strength Emphasis focuses on improving a person's muscular strength/endurance and cardiovascular endurance, leading to a healthy lifestyle. This class will allow students to improve their aerobic/anaerobic endurance. It will teach students to develop the five physical fitness components (flexibility, muscular strength and endurance, cardiovascular endurance, and body composition).

Lifetime Activities and Fitness focuses on developing and acquiring the knowledge, skills, attitude, ability and the desire to maintain a healthy and vigorous lifestyle through various leisure games, activities and fitness related workouts.

Sports Officiating is designed to offer students the knowledge and experience necessary to potentially become an official in a variety of sports; including, but not limited to baseball, basketball, football, soccer, softball and volleyball. Coursework will include classroom activities, field experiences, guest speakers and video lessons. Upon successful completion of this class, students interested in employment may pursue recreational and/or NSAA certification at their own cost

Beginning Weights primarily focuses on technique, mechanics and weight room safety. Students will learn and perform lifts through demonstration and instruction in a safe environment. Cardiovascular activities will be coupled along with strength which are specific to improving health and overall knowledge of muscular improvement and performance.

Intermediate Weights focuses on strength, power and conditioning associated with overall strength and muscular performance. Students will learn and perform lifts and cardiovascular activities that are specific to improving overall health outside of organized athletics. Successful completion of Beginning Weight Training and Fitness (PE49) is strongly recommended; teacher approval and space determine final acceptance.

Athletic Weights focuses on strength, power and conditioning associated with improved athletic performance. Student-athletes will learn and perform lifts and cardiovascular activities that are specific to improving sport performance. Successful completion of Beginning Weight Training and Fitness (PE49) is strongly recommended; teacher approval and space determine final acceptance.

Specific skills or knowledge students will gain

- Working with others
- Healthy Nutrition and Increasing strength
- Understanding teamwork & rules of various sports

Daily required materials:

- APPROPRIATE GYM T-SHIRT- (no tank tops or cut offs)
- APPROPRIATE GYM SHORTS/PANTS- (length/fabric)
- APPROPRIATE GYM SHOES - (shoes that are made for fitness). NO CROCS.

Daily Participation: Students must take part in all activities to earn full credit. Not dressing out or refusing to participate = zero for the day. Rules:

- No cell phones/AirPods (confiscated and sent to admin). Exceptions: Intermediate Weights (Google Classroom) & Athletic Weights (Team Builder app).
- Nebraska cell phone ban begins 2025–26 ([LB 140](#)).
- No gum, food, or pop in gym; water allowed.
- Respect teachers and classmates.

Exams: Fitness Testing (2x), MaxOut Testing, HEALTH Final (INTRO), FINALS exams will be held IN THE last MONTH of school & REQUIRED.

Projects & Written assignments: Assignments and written work will be given at times.

Appropriate Spelling, Grammar and Punctuation are expected.

Dress & Locker Room Policy:

Students must dress out for PE every day, even if sick or injured (accommodations are available upon request). If unprepared, the first offense is a warning — the student participates in school clothes, loses points, and must bring PE clothes the next day. A second offense results in an admin referral and loss of points. Students change in the locker room and should keep belongings locked. If needed other locker room accommodations can be arranged.

Behavior:

- 1st offense: Lose all daily points; parent contacted.
- 2nd offense: Sent to administrator + 1st offense penalty.
- 3rd offense: Behavior contract, point loss, parent call.
- Further infractions: Removal from class.

Grading: Every student will start the day with 10 points. Deductions will be made for:

- Lack of participation (this includes behavior and attitude)
- Tardiness
- Inappropriate/Lack of dressing out
- Attendance
- Test/Quiz/Assignment results

Reason	Deducted Points
Tardy to class	3 pts
Refusing/Not dressing out for class	10 pts
Warm Up Participation/Effort	1-5 pts
Activity Participation/Effort	1-5 pts
Violating Safety Rules *(both addressed & assumed)	5-10 pts
Absences	10 pts
Profanity	3-5 pts

Make-Up Policy AND Medical Policy:

Students may complete up to 10 approved make-up assignments per semester, due within 1 week of the absence. Assignment details will be shared through conversation and/or Google Classroom. After 10 make-ups, additional absences must be completed in person before or after school by arrangement with the teacher.

Injuries:

- Parent note needed if student can't participate (valid 1–3 days).
- After 3 days, doctor's note required: alternative assignment given.
- All notes must be submitted to the nurse first.
- Students still dress out; teacher and student will plan make-up work.
- For long-term injuries, independent study or alternative plans arranged.