

South High School Swim PE

2018----- Mrs. Thompson ---- 2019

Contact Info

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310-533-4562 x 8715

southhighswimpe.shutterfly.com

Course Content

- Physical conditioning
- Swim Stroke Mechanics
- Competitive Swimming Elements
- Water Familiarity and Rules
- Proper Equipment Use
- Preparation for Team Tryouts



class materials

Girls: 1 piece swimsuit

Boys: Jammer or Speedo swimsuit. No swim trunks.

2 pair of quality goggles

1 swim cap

Towel and reusable water bottle

grades



Students start with 280 points.

A: 280-260

B: 259-244

C: 243-228

D: 227-217 (transfer to PE on campus)

(PowerSchool percentages do not determine the grade. Grades are based solely on the points above).

preparation

Be on time to class.

Come with your swimsuit already on.

Eat a light snack prior to workout. Bring a recyclable container of water or hydration liquid.

Class time: M, W, Th
4:30-6 pm at the Torrance Aquatic Complex.

responsibility

Check PowerSchool and the SouthHighSwimPE.shutterfly.com calendar site for updates on grades and class.

Absent? Clear your absence with the attendance office. Complete a mandatory make up within 3 days.

Not feeling great? Attend class and sit on the deck. Bring a parent note.

Fever or vomiting? Stay home.

Lose Points

You can lose points for the following, but not limited to...
chewing gum, poor citizenship, not following directions, endangering yourself or others, horseplay, inappropriate behavior, conversations, bullying, sexual harassment, absences, tardiness, inappropriate social media use, defiance, and not wearing proper swim attire.



Citizenship

Citizenship and effort grades are earned quarterly based on student behavior and effort. Three tardies to class earn an N and four earn a U in citizenship

E=Excellent; S=Satisfactory; N=Needs Improvement; U=Unsatisfactory.

Attendance

If you are absent, clear your absence with the attendance office. Coaches cannot clear a Truant.

You lose 5 points if you are absent. You must complete a make-up assignment for 1/2 points. Directions are on the website.

If you are late to class or late getting into the water, you lose 1 point.

If you come to class but sit out, you lose 3 participation points. These are not made up.

If you are a freshman, you will be required to complete the California Physical Fitness Test.

If you are at school, you must attend PE just like any other class. Excessive absences will result in you being placed in PE on campus.

Sign and return for credit.
Please keep a copy for yourself.

I have read and understand the rules and expectations for Thompson's PE class. I understand the procedures for absences and how grades are determined.

_____ Student and Date
_____ Student email

_____ Parent and Date
_____ Parent email