



MRHS

Teacher Information and Expectations

Mr. Josh Qualls

Contact Information:

Phone: 720-972-6433

Office: Mens PE

Office Hours: I am generally available to assist students and/or make up classes on my scheduled planning period(s) as well as during Academic Support/ Advisory times. Please schedule an appointment prior if you need help and/or plan on making up classes so I can plan appropriately.

Email: josh.qualls@adams12.org

* These are the guidelines/expectations that will be followed during “traditional” face to face learning:

Standards Referenced Grading:

The grading criteria for PE are aligned with the Colorado PE Standards which are as follows:

- **Physical and Personal Wellness (40%):** Including fitness testing, SMART goal setting and analyzing progress of fitness testing. Health related fitness components will be addressed specifically in the class warm ups as well as throughout each unit.
- **Movement Competence and Understanding (40%):** Including the performance and application of skills, strategies, etiquette, and rules to the unit we are studying. This can include both written and performance based assessments.
- **Emotional and Social Wellness/Practice (10%):** Including daily physical activity, being respectful of others in the class (including being on time to class), taking a role in leadership in the class and respecting and getting along with others. This includes showing an acceptance of others with various physical abilities by willingly partnering with, helping with and/or playing against various skilled opponents.
- **Prevention and Risk Management (10%):** Including safety in class with respect to behavior (i.e. equipment care/ clean up, cell phone usage, and sportsmanship during the games), being prepared for class in a safe and appropriate manner (i.e. dressed out) as well as recognizing and reporting unsafe conditions/equipment in the playing facility.

Teacher Expectations and Procedures:

- **Absences:** Daily attendance, promptness, and class participation are extremely important. Class attendance and participation are mandatory. Unexcused absences will be reported and missed assignments cannot be made up nor can you retake any of the unit exams.
- **Make Up Policy:** Students with an excused absence may make up any missed work. **Absences for school based activities may need to be made up, and is solely based on the discretion/policy of the individual instructor.** Students with excused absences may make up daily activities and requirements at any time during and/or by the end of the current marking period (**make-ups are due by the last Friday before finals week**). Students may do so by joining any PE class during their off period (must arrange with instructor prior) and/or by coming into Academic Support time on Tuesday mornings and/or Wednesday afternoons. Students with an unexcused absence **are not entitled** to make up classes. If a student wants to retake /make

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up an assessment, it is at the discretion of the student's PE teacher as to the time frame, as well as the assignments he/she may need to complete before given the opportunity to retake/ make up the assessment.

- **Tardies (will not be tolerated):** Students are expected to be in the locker room when the bell rings and in their role spots 5 minutes after the class starting bell. Failure to be in the role spot will result in a tardy. **Tardies result in an automatic 25% deduction from a students daily grade.** If tardies become an issue for a student, a conversation will take place between the student and the teacher and/or phone calls may be made home to discuss the problem with a parent. Detentions can and will be assigned if tardies become an issue.
- **Food and Drink:** The goal of the food and drink policy is to maintain a clean school. Students may not have food or drink in the gym area. Students in need of a drink of water need to ask permission of the teacher prior to leaving class. Students **are not allowed** to go to the DECA store during class time. The student is expected to go to the fountain and return immediately.
- **Dress Policy:** Students are expected to be prepared and on time for class every day. They must be in a MRHS T-shirt (of any kind) or a solid black, grey, blue, or white T-shirt (no exceptions). In addition athletic bottoms (no zippers, buttons, etc.) and athletic type shoes are required (no flip flops or boots). Clothes must conform to safe school policy. **Failure to dress-out for PE class results in an automatic 50% deduction from a students daily grade. Additionally students may be asked to sit out and take a zero depending on the activity and/or if non-dressing becomes habitual.**
- **Cell Phones:** Cell phones are to be locked up in the students' PE locker and out of sight unless instructed by the teacher to bring to class. Use of cell phones during class is a safety concern as it distracts the student from paying attention to the activity in progress. Students will receive a warning as well as disciplinary action if excessive use is an issue.
- **Guest Teachers:** Students are expected to be on their best behavior when a guest speaker or guest teacher is in class. If a student's name should be mentioned on a guest teacher report as being defiant or disruptive, an automatic detention is assigned and a parent phone call made upon the teacher's return. In addition, it is up to the guest speaker's discretion to remove a student from class if they are too disruptive. If a student is removed from class, they should report immediately to the Dean's office. Removal of a student will result in a Wednesday detention from the Dean's office.
- **Academic Integrity:** Students are held to the Academic Integrity Policy for Mountain Range High School.

***These are the guidelines/expectations that will be followed during remote online learning:**

Preparation Prior to Class:

- Work with your family to find a quiet space that won't disturb other people in the house or distract you from learning:
 - Clear the room of playful pets or noisy siblings.
 - Minimize background noise by turning off the TV and radio.
 - Turn off cell phones.
 - Turn off notifications from email and social media
- Be professional and check your surroundings. Remove items from the camera view that may be personal or contain personal information you don't want others to see.

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- Be prepared before entering the online room. Download any necessary software, connect and test devices like microphones or video cameras before the lesson begins. Exit other applications on their computers prior to launching the classroom software. If there is a pre-class activity, be sure and complete it.

During Class Meetings:

- Log in on time.
- Upon entering the room:
 - Sign your name into the chat box (be sure and use your real name-first and last)
 - Mute your microphone.
 - Have your camera on when entering the room. Video Sharing is encouraged but not required
- Focus on the classroom conversation and activities.
- Listen carefully and respectfully to others. Address the teacher and other students in a respectful manner, even when disagreeing.
- To ask relevant questions about clarifying the material covered or assignments given, use either one of the following:
 - Type your question in the chat
 - Be short and to the point
 - Avoid using capital letters as this may be interpreted as shouting, as well as acronyms (ie: LOL, TTYL)..
 - Reread your message for friendliness and respect before hitting send.
 - No sideline chats with classmates when the teacher is speaking.
 - The teacher will answer the question when they are at a good breaking point.
 - Raise your “virtual hand”
 - Wait to be recognized when responding to a question or comment.
 - Mute your microphone after asking the question so others can hear and feedback is reduced.
- You may use the reaction button to let your classmates know when you agree or disagree. Use the “thumbs up” or a “round of applause” to encourage them.

At the end of class:

- Ask any clarifying questions so that you are clear on the material covered and the learning intentions.
- Make sure you understand any assignments that are needed to be handed in.
- Be clear on how to access assignments or tasks that need to be completed prior to the next class.