

Physical Education Syllabus

Students are encouraged to:

1. Make healthy decisions
2. Develop and maintain a high level of physical fitness
3. Increase physical and social growth through various physical activities
4. Gain skills and knowledge to achieve a healthy lifestyle

Physical Education rules are based on: Respect and Responsibility

Students earn daily grade based on:

1. Application of skills learned
2. Level of engagement in class
3. Listening skills
4. Behavior
5. Preparation for class - large earrings and jewelry removed, *SHOES TIED SECURELY* (loss of 5 points each time shoe comes off), no gum, hair tied back, shorts at waist, *NO CELLPHONES, NO MP3* players except for track and fitness center with teacher's permission, proper clothing

Dress for class: (THIS MUST BE DIFFERENT THAN THE CLOTHES WORN DURING THE SCHOOL DAY.)

1. *ELASTIC WAIST-BAND ATHLETIC SHORTS* worn *NEAR THE WAIST* and at least *MID-THIGH IN LENGTH*.
2. *CREW NECK T-SHIRTS* that go below the waist. The neck of the t-shirt must be a crew neck. Sleeves of t-shirt may be cut out at the arm-hole seam. (*NO SHIRTS SLIT DOWN THE SIDES UNLESS OTHER SHIRT BELOW*)
3. No school clothes should be worn over or under physical education clothes.
4. Athletic shoes that support the foot and are laced securely on the foot. Boots are not permitted on the gym floor.
5. Classes may be held outdoors in the spring and fall. Be prepared daily with a jacket, sweatshirt and or sweatpants.
6. No jewelry should be worn during class since it can pose a safety hazard.

Excuses:

1. Doctor's excuses are needed to be excused from class. Doctor's excuses must be turned in at the nurse's office before school (within 3 days).
2. If a student is medically excused from physical education class, they may not participate in sports or other extracurricular activities. Students can participate in modified activities with doctor's permission. Athletes are to be dressed for class on game days. Instructor could modify activity if necessary. *IF YOU RECEIVE A NO-SUIT IN PE CLASSES YOU CANNOT PRACTICE OR PARTICIPATE IN EXTRACURRICULAR ACTIVITY FOR THAT DAY.*

Participation:

1. Students must participate for the *ENTIRE* period. Student must be moderately to vigorous active for over 50% of the period or a non-participation grade of 0 will be given.

3. Students are not excused to leave PE class for other classes. A 0 will be given.
4. Habitual non-participation or not suiting-up for class will result in failure.

If a student gets 5 no-suits in a 9 week period they will be given a MAXIMUM grade of 59% F for the 9 weeks.

5. Due to the performance requirements of this course and the necessity of regular exercise, poor attendance will affect grades.
6. Students who have at least 2 NP grades (Non Participation) are subject to academic detention. Work will be assigned by the PE teachers.
7. Swimming is required for all students, unless a medical excuse is presented. Missed (un-excused) swimming days can be made up during a subsequent swimming unit.

Make-ups:

Make up assignments will be given at the discrepancy of the teacher due to the importance of class participation and attendance. The teacher will discuss certain situations with the student if needed.

Alternative assignments **WILL NOT** be provided throughout the year unless agreed upon by the teacher, doctor, or administrative approval.

Gymnasium and Locker room:

1. **NO CELL PHONES!!! CELL PHONES WILL BE COLLECTED AND TURNED INTO MR. RHOADES.**
2. **NO CLIMBING OF THE BLEACHERS!**
3. **DO NOT TOUCH SET UP EQUIPMENT IN GYM OR ON OUTSIDE FIELD UNTIL TEACHER GIVES PERMISSION (I.E. BALLS, CONES, NETS ETC.?)**
4. **NO ONE IS ALLOWED IN THE EQUIPMENT ROOM WITHOUT PERMISSION FROM TEACHER.**
5. **NO FOOD OR DRINK IN THE GYMNASIUM OR LOCKER ROOM OTHER THAN WATER/GATORADE.**
6. **NO STREET SHOES ALLOWED ON GYM FLOOR.**
7. **IF THE DOORS ARE LOCKED, DO NOT PUSH OR PULL ON THEM.**
8. **NO GUM IN GYMNASIUM AND FITNESS CENTER.**
9. **DO NOT USE GYM AS A HALLWAY.**
10. **STUDENTS WILL BE RESPONSIBLE FOR ALL OF THE EQUIPMENT THAT THEY USE. ANY DAMAGE TO THE EQUIPMENT WILL BE PAID FOR BY ANY STUDENT WHO DESTROYS OR DAMAGES TASD PROPERTY.**

Locker room: Lockers available for use. Do not share locker with other students. Do not enter locker room unless accompanied by a teacher. No running, chasing, or horseplay of any kind. Do not throw objects. No glass. No excessive noise. No cell phones to be used or in sight in the locker room. Cell phone will be confiscated and discipline referral if cell phone is out. **VALUABLE BELONGINGS MUST BE LOCKED IN LOCKER DURING CLASS. LEAVING VALUABLE LYING AROUND IS ONLY INVITING THEFT. LARGER OR BULKY ITEMS THAT WILL NOT FIT IN THE GYM LOCKER CAN BE STORED IN THE PHYSICAL EDUCATION OFFICE DURING CLASS. THE PHYSICAL EDUCATION STAFF WILL NOT BE RESPONSIBLE FOR LOST OR STOLEN ARTICLES.** No food or drink in the locker room, other than water. At the end of the period, stay inside the locker room area until the dismissal bell rings. If a student leaves the locker room without permission, he/she will be referred to Mr. Rhoades for disciplinary action.

Responsibilities/Expectations:

1. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken. **NO EXCEPTIONS!**
2. Follow Directions!

3. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, Gestures, harassment or disrespect will not be tolerated. Students **WILL BE** required to pay for damaged Equipment.
4. No student may ever leave the class, gym or locker room areas without permission from the teacher. Disciplinary action will be taken immediately.
5. Students will have 5 minutes to dress after the tardy bell and at least 5 minutes to dress at the end of class.

Grading Criteria:

4 points available each day

4. Student is dressed, actively participates entire class, demonstrates safety, and is respectful to peers, teacher, and equipment.
3. Student is dressed, participates during class time, demonstrates safety, and is respectful to peers, teacher, and equipment.
2. Student is dressed, participates minimally, demonstrates safety, and is respectful to peers, teacher, and equipment.
1. Student is NOT dressed, participates minimally, is safe, and is respectful to peers, teacher, and equipment.
0. Student is NOT dressed, does not participate, disrupts class and is not respectful to peers, teacher, and equipment.

The highest point value a student can receive is a 1 if they do NOT dress.

If a student 5 no suits, the highest grade they can get is a 59%.