



Physical Education

Core Class Syllabus and Course Expectations

Mission Statement

Physical Education will provide an individualized, developmentally appropriate, and personally challenging instructional program that will advance the knowledge, confidence, skills and motivation needed to engage in a lifelong, healthy, active lifestyle.

Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life.

GENERAL PROCEDURES/GUIDELINES

Physical Education is a daily participation class. Participation in PE can be rigorous. Daily participation, effort, consistency, adherence to the syllabus, sportsmanship and improvement in activities will be used to calculate the student's grade.

Students will abide by the following general guidelines:

- One (1) student per locker
- students will purchase a school issued lock (\$5.00)
- NO ELECTRONICS of any kind allowed in locker rooms or in class
- No food or gum of any kind in class or locker room
- No sharing of clothing/ uniform
- Student is liable for damaged or lost equipment
- Students will bring a towel to class

Locker Room Behavior:

Students are to conduct themselves in a mature and respectful manner. Horseplay, screaming, throwing things, hiding others belongings, etc... will not be tolerated in the locker room. Students can receive a referral and/or suspension for such infractions.

Vandalism/ theft of any kind will result in suspension and possible police intervention.

ATTIRE:

PE clothing must allow for freedom of movement and safety of the participants. In order to provide a consistent, effective, and safe PE program ALL PE ATTIRE MUST BE NON-RESTRICTIVE. Any type of street clothing is considered RESTRICTIVE (jackets, sweaters, jeans). Sweats are the ONLY acceptable attire for additional warmth.

T-Shirts: All Freshmen and Sophomores will wear a HMB Physical Education regulation T-Shirt. Uniforms may be purchased at registration/schedule pick-up, in August. ALL students must have their T-Shirt by the first week of school. PLEASE, DO NOT WRITE in the area designed for your name.

Shorts or Sweatpants: Must be black or grey. No commercial logos. Clothing must fit properly at the waist. May not be worn as "sags" or low around the hips.

Shoes: Gym or tennis shoes ONLY. Street shoes, hiking boots, or ANY hard soled shoes restrict foot movement and will damage the gym floor.

Socks: White only.

PARTICIPATION/RATIONAL:

Physical Education is a daily participation class. The main goal of Physical Education class is to create a Physically Educated Person. A physically educated person: has the skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity, knows the implications and benefits of involvement in physical activity and values physical activity and its contributions to a healthy lifestyle. This will enable students to: evaluate their own fitness levels in the five health related fitness areas (body composition, strength, flexibility, speed and stamina), set fitness goals to maintain or progress towards health enhancing levels of fitness, identify the activities and sports that will contribute to the program, and use the principles of fitness to develop a program of activities.

PE MEDICAL PROCEDURES:

1-3 Days: Students brings a written note from a parent or guardian stating the reason for the medical excuse. The note must contain a parent or guardian day time phone number for verification. The student will dress for class and brings the note to roll call.

4 or more days: The student must have a doctor’s verification with expected date of return. Please have your doctor fill out the Doctor’s Medical Release Form. You may obtain this document from your councilor, PE teacher or off the school website.

DRESS CUTTING PROCEDURE

Dressing for PE is an essential part of the class. Students who do not dress for PE will not be allowed to participate in that days activity. It is important for a student to understand that unrestrictive movement and basic hygiene are a vital part of their participation and education. Students should refrain from sharing clothing as well as dress cutting. Students who dress cut regularly could receive: parental contact, detention, and/or suspension.

MAKE UPS

Students **CANNOT** make up dress cuts. Student may make up, at their request and at the teacher’s discretion, **medical, suspensions, or excused absences** in zero period class (6:40am). Students **MUST** contact their teacher before attending a make-up session. Students have 3 days after the absence to make arrangements with their teacher and schedule their make-up session. After 3 days, **NO MAKE-UP** session will be provided. Due to time restraints, and because zero period is by choice and a privilege, there are no make up sessions for zero period classes. (As per District Policy, students will receive an F and will have to make up the course once they have missed 16 days of class. This includes dress cuts. It is to the benefit of the student to attend class regularly, not dress cut, and make-up absences)

GRADE BREAKDOWN

Point Breakdown: (10 points available per day)

- | | |
|-------------------------|--|
| | <u>Points/Day</u> |
| 1. Citizenship | + 4 points |
| Examples: | Behavior, no use of profanity, proper conduct and sportsmanship, proper uniform, coming to class on time, abiding by all previously requirements |
| 2. Participation | + 6 points |
| Examples: | Wearing full uniform, daily activity/ run, calisthenics, maintaining a high standard of performance. |

Remaining Class Requirements:

- | | |
|---------------------------------------|---------------------------------|
| 3. Fitness Score | + 70 points |
| 4. Showers | + 1 point per shower/day |
| 5. Writing assignments/quizzes | Variable points |

Grading Rubric: A = 100% - 90% B = 89% - 80% C = 79% - 70% D = 69% - 60% F = 59% & less

I have read the following Physical Education Syllabus.

_____ date _____	_____ date _____
Parent signature	Student signature

_____	_____
Print Students Name	PE Period