

Physical Education 11/12

Objective:

Students will demonstrate various fitness and safety techniques.

Students will incorporate life-long activities into their daily lifestyles.

Units:

Softball, Ultimate Frisbee, Flag Football, Social Dance, Floor Hockey, Volleyball, Basketball, Handball/Speedball, Tennis, Soccer, Badminton, Pickleball, Recreational/Mass Games and Fitness Based Activities

Dress Code for Physical Education:

Due to **safety** and **hygiene** issues, all students must change before and after they participate in physical activity. Failure to do so will be considered “not changed”. The required dress code for physical education includes non-marking sneakers, athletic socks, t-shirt/sweatshirt and shorts/sweatpants. Tank tops/sleeveless shirts, jewelry, and clothes with belt loops or buckles are not to be worn.

Make-ups:

If a student is unprepared and unable to participate in PE, that day **MUST** be made up. A total of 3 unprepared classes may be made up per semester. Make-ups will be a written summary of a Health related article. Students must see their teacher for the form. Students have 3 weeks to make them up. Unprepared are 25pts off your weekly grade.

Locker Usage:

Daily locker usage is available for storing valuables and clothing. We highly recommend that each student supply his/her own combination lock to be removed each day. If clothing or valuables are left in the locker room after class, then they will be taken to the lost and found. If a lock is left on the locker, then it will be cut off and the stored items will be placed in the lost and found.

Cell Phones:

Cell phones are prohibited during class. Cell phones must remain in lockers and out of sight. Failure to abide will result in an administrative referral for insubordination.

Grading Policy: Students are graded in on a semester basis, and in accordance with the following guidelines:

Phys. Ed

Primary - Daily Participation = 60%

Secondary - Written/ Skill assessments = 35%

Supportive - Secondary assessment = 5%

Health

Primary – Tests/quizzes= 60%

Secondary – CW/HW = 35%

Supportive – Secondary assessment = 5%

Community Service

All students must complete 6 hours of community service. Community Service will be due March 31, 2017.

Parent Waived Physical Education:

A student may be excused from physical education for a maximum of THREE days because of physical inability to perform (illness, accident or injury). The presentation of a note from a parent or guardian to the physical education teacher is required. A copy of the note must be given to the nurse.

Student Name: _____

Student Signature: _____

Parent Signature: _____

Date: _____