2017-2018 EHS PHYSICAL EDUCATION SYLLABUS

**EXPECTATIONS:**

**\*Absolutely No Electronics!** (-15 pts)

**\***Quiet when instructor is talking

\*Follow all safety rules and fundamental skills taught

\*Report all accidents and injuries as soon as they happen

\*Pick up trash in the locker rooms and gymnasium at all times

\*Respect the teacher and classmates

**\*NO CURSING, SUGGESTIVE, OR INAPPROPRIATE LANGUAGE. (-5 pts)**

\*No one is allowed in the equipment room, or instructor’s office without permission

\*For any reason a student does not participate, they must sit and observe instruction. They are not permitted to complete assignments for other classes.

**CLASS PARTICIPATION:**

**GRADES:**

Points may be earned for the following:

30 points per day (Warm-up / Behavior -10 points & Participation/Activity- 20 points)

Written Tests and Skills Tests - Points Will Vary

Pacer Test and/or Timed Mile – 100 points each. 4 total tests will be given per semester

Make-up points – See individual instructor for options

**\*\*Grade Breakdown per classes:**

**\*\* Sports and Fitness/Aerobics 80% based on participation and 20% based on fitness tests**

**\*\*All Weights Classes 70% participation, 20% Fitness testing, 10% Booklet/Written Tests**

**TARDIES:**

You must be in the Physical Education hallway before the tardy bell rings and be ready to participate in the gym 7 minutes after the tardy bell rings. Physical Education is primarily a participation class; therefore attendance and punctuality is important. **\*Locker rooms will be locked when the tardy bell rings and remained locked during class.** If you are not there in time, you will not be allowed to participate. Two locker room tardies will be counted as one classroom tardy and will result in a deduction in your grade.

**ABSENCES:**

\*If you are absent due to a doctor’s appointment, dentist appointment, or injury, illness, etc. You will have **one week** following the day you return to make up the work you missed; otherwise it will be counted as a zero.

\*Absences due to school sponsored activities do not have to be made up.

\*Only doctor/trainer approved absences and exemptions from class can be made up.

\*Missing grades must be completed by participating in a physical activity class. Students excused due to injury or illness, even for an extended period of time, must complete ALL missing participation grades, assignments and exams.

(i.e. 6 non-participating days = 0 points of 180 possible points that MUST be made up)

**Options for making up excused absences:**

1. Make arrangements with any teacher to attend a physical education class during your free hour, homeroom or study hall class. You must have permission from the physical education teacher as well as your study hall and/or homeroom teacher.

**DEDUCTION OF POINTS:**

Tardies: -10 points. \*You must be in the P.E. hall before the late bell rings.

Inappropriate Language: -15 points

Food, candy, pop, & hats: -5 points each

Electronics: -15 points (This includes students who are not participating for ANY reason)

Not Dressing Out or Dressing Inappropriately -30 points (Can **NOT** be made up)

EXCUSED ABSENCES -30 points (**CAN** be made up, but will be counted as a zero until completed)

DRESS CODE:

A SEPARATE SET OF CLOTHES IS REQUIRED FOR ALL PHYSICAL EDUCATION CLASSES

1) Athletic Shorts and Full Length T-Shirt 2) Socks, Athletic Shoes, and Hats

a) No cargo shorts, jeans shorts, SOFFE shorts a) Only athletic shoes will be allowed on

spandex shorts alone, tank tops or gym floor

spaghetti straps b) Hats are only permitted during outside

b) Athletic shorts must have at least a activities and must be worn correctly

6” inseam and go to the mid of thigh

c) Sweat clothes are allowed 3) Food, jewelry, and electronics

d) ***No T-Shirts Altered In Any Manner***  a) No food, jewelry, ipods, **cell phones**,

etc., are allowed in class. **YOU** are

responsible for locking your property

in your locker.

If a student forgets their clothes, a set of clothes will be provided to use for that day. If a student chooses not to dress out, the student will not be allowed to participate and will receive a zero for the day. If a student refuses to dress out more than once, they will receive a written referral for insubordination and sent to the office.

\*10 minutes will be provided at the end of class to shower and change clothes.

**FINAL EXEMPTION POLICY**

Will follow school policy.

**This form states that I have read the Physical Education Rules, Requirements,**

**and Grading scale. Therefore I agree to follow the rules, requirements and grading**

**policies in Physical Education.**

**Student Name (Printed) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Return this entire form to your PE teacher by 8/22 (red day) or 8/23 (white day).**

**Hard copies of the physical education syllabus are posted throughout the physical education halls and are available from any physical education teacher as well.**