Physical Education Syllabus

MFLMarMac Upper Elementary/Middle School

Mrs. Winter

PURPOSE

The purpose of this course is to develop competence in: (a) physical fitness, (b) body management skills, (c) participation skills, (d) health, (e) social behavior, and (f) strategies for physical activities.

GOALS

1. The student will be able to demonstrate competency in many movement forms and several forms of physical activity.

2. The student will apply concepts and principles of human movement to the development of motor skills.

3. The student will analyze the benefits of regular participation in physical activity.

4. The student will achieve and maintain a health-enhancing level of physical fitness.

5. The student will demonstrate responsible personal and social behavior in physical activity.

6. The student will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.

RULES AND CONSEQUENCES

All rules set forth in the MFLMarMac Student Handbook will be enforced and any violations will always result in detention and administrative referrals.

 Additional rules that will be applicable in Physical Education class shall be as follows:

CLASS RULES

1. Listen and follow directions.

2. Participate in all class activities.

3. Be on time for class and roll call.

4. Be responsible for personal belongings.

5. Respect other students’ belongings.

6. DO NOT leave class w/o permission.

7. Respect others.

8. Keep hands to yourself.

9. Have good personal hygiene.

10. Have a positive attitude.

11. Pick up after yourself.

12. No mobile devices of any kind.

CONSEQUENCES

1st Offense – Verbal warning

2nd Offense – Written assignment and/or parent contact.

3rd Offense – Detention

4th Offense – Referral to the office

ABSENCES

The P.E. grade is based on a points system. If a student choose not to participate or forgets their PE clothes he/she will be required to submit a written summary of a newspaper or magazine article for the day. The articles are to be on any sport, health or fitness. Students have up to five days to complete and hand in assignments to receive make-up points. The articles must be printed off and the summary stapled to it.

TARDIES

Students are expected to be in the gym by the time the tardy bell has rung.

If students are not inside the gym by this time they will be marked tardy. The first tardy is a warning, the second tardy results in a note or phone call home, the third tardy is a mandatory detention, and the fourth tardy will result in an automatic administrative referral.

TEACHER GRADING

Students can earn up to 12 points for each full school day of the quarter. Student’s grades/points will be based on dressing out, participation and cooperation, written tests and assignments. Students are required to dress out daily. If a student chooses not to dress out, ½ of the 12 points will be deducted from his/her daily grade.

DRESSING OUT

Students will be expected to wear shorts and a t-shirt. The shorts must be fingertip or mid-thigh in length. Cut-off shorts, shorts with belt loops and button waist, boxers, spandex, biker, or white shorts are not permitted. Girls may not wear cut-off t-shirts under any circumstances. Shorts must be worn at the waist. **The student’s name should be printed on both the shorts and t-shirt. We have lots of lost and found every day!!!** Sweat pants and jackets are permitted during cold weather. Tennis shoes with laces and socks are also required. Shoes with dark soles that mark the gym floor are not allowed. Each student is expected to dress out daily unless otherwise specified. Sharing of clothes is not permitted. If a student is found to be wearing someone else’s clothes, each student involved will receive zeroes for the day and possible further punishment for multiple offenses. It is required that each student takes his/her clothes home each Friday and brings clean clothes on the Monday of each week.

Students will not be allowed to wear clothes that have been worn to school for P.E. class. P.E. clothes cannot be worn under school clothes and school clothes cannot be under P.E. clothes.

\*\*\*DISCIPLINE FOR NOT DRESSING OUT\*\*\*

Students are expected to change their clothes and dress out every single day of class. If a student does not dress out three times in any given marking period the classroom teacher and parent will be contacted. The 4th and 5th times a student does not dress out in a marking period they will be given an administrative referral. This process will start over every 9 weeks.

HYGIENE

Health and P.E. can’t be separated; therefore, personal hygiene is emphasized. Clean physical education attire is expected. A student may want to have more than one set of P.E. clothes.

LOCKERS AND LOCKS

It is recommended that all students rent a lock and locker to keep their valuables in during P.E. class. A rental fee of $3.00 will be required before a locker is issued. If the locker or the lock is damaged, a replacement cost of $8.00 will be assessed to the student. Each student is responsible for his/her own clothes and other belongings being kept locked in their lockers. STUDENTS ARE NOT ALLOWED TO SHARE LOCKERS.

DOCTOR’S NOTES

A doctor’s note is needed to excuse a student from dressing out. However, if the doctor’s note indicates the student can participate on a limited basis they would be required to dress out. If the doctor’s note completely excuses participation the student will be given an alternate assignment (Journal Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc). This is strictly a participation grade. If your student is participating in class (active or non-active) they will still have the opportunity to obtain an “A” in P.E. class. Those with asthma can be active in class but may need an inhaler, and those with inhalers must have a doctor’s note on file in the PE/Nurse’s office.

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**Parents and Students**

Please sign below indicating that you have read and understand the P.E. Syllabus and will abide by its rules.

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Classroom Teacher/Advisor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Contact info.

E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_