**College Park High School – Individual/Duel & Non Traditional Sports**

Physical Education is the practice, study, and knowledge of human movement that results in lifelong appreciation and practice of fitness, wellness, and physical activity. No other area of curriculum is designed to help children learn motor and lifetime activity skills. This makes Physical Education a necessary and important component of the total school curriculum.

**Objectives:**

1. To build character through principles of lifelong fitness and physical activity by developing and demonstrating enthusiasm, self-control, industriousness, consistency in class.
2. To reinforce the core values and principles of the Physical Education Department by facilitating student learning with respect to situational flexibility and adaptability, initiative and self-direction, productivity and accountability, leadership, and responsibility.

**Course Content Standards: Adopted for National Standards for Physical Education**

1. Students will demonstrate competency in motor skills and movement patterns necessary to perform a variety of physical activities.
2. Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Students will participate regularly in physical activity.
4. Students will achieve and maintain a health-enhancing level of physical fitness.
5. Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

**Appropriate Attire**

All students are expected to come to class on time, dressed and ready for physical education. The physical education uniform consists of a gray PE t-shirt and purple or black PE shorts. Sweats brought from home should be solid gray, black or purple. Athletic shoes and socks are required each day.

**Grading Policy:**

1. Per the course objectives, all students are responsible for earning their grade. Behavior in class translates directly to course grades, and athletic ability is almost never a determining factor in a student’s grade. Effort and attitude are far more consequential in earning grades rather than ability or athleticism.
2. Grades will be based on a combination of activities including daily participation and demonstration of knowledge regarding the concepts, principles, and methodologies learned. Each student’s grade shall consist of the following:

* Daily Participation (80%): Participation points are earned on a daily basis, so each student’s success in this category is primarily based on his/her willingness to dress out in the required PE uniform, to participate in the daily activity to the best of their abilities, and adhere to department guidelines.
* Fitness/Cardio Day (20%): One day a week is Fitness Day. Students will do a variety of cardio, agility, and fitness rotations to promote full body wellness.

**Grading scale: 100-90% = A; 89-80% = B; 79-70% = C; 69-60% = D; <59% = F**

**Excused Medicals and Absences:**

Physical Education is a participation-based class, and regular attendance is critical for success. If a student is unable to participate in physical education for a medical or legally excused reason, the teacher must have a note from their parent or guardian. After one week (three class sessions) with a parent note, a doctor’s note will be required. The medical note must state what the student is allowed to do. “No Physical Education” written on the note will not be accepted. For example, if your child cannot run, but can walk, that must be stated on the note. Students requiring extended medical exemption may be removed from physical fitness until he/she can fully participate. Students must still dress in PE uniform for make-up work to be an option. If a student missed class for any excused absence/medical, written make up work will be assigned. It is the student’s responsibility to obtain make-up work. Make-up work must be turned in within two weeks of students return to class. Make-up work may be obtained at cphs.mdusd.org/PhysicalEducation .

**Classroom rules and expectations:**

* Absolutely NO Cell phones or electronic devices used during instructional time! If a cell phone is seen during instructional time it will be confiscated.
* Arrive to class on time with appropriate Physical Education materials.
* No Gum, food, or drinks in class. Water is OK.
* Be respectful of classmates and others, listen when others are talking.
* No use of equipment or apparatus unless instructed by teacher.
* Students must ask permission from teacher before you leave class for any reason.
* During certain activities students will be asked to remove their jewelry for safety.
* No backpacks, bags, purses, books, etc. allowed in class.

**Locks and Lockers:**

* Each student will be assigned a locker and a lock which they can store their PE materials.
* Lockers must be locked with an assigned purple PE lock!
* Students are only to use their assigned locker, and will be held responsible to all damage done to their lock or locker. Lost locks will result in a $10 replacement fee.
* CPHS and its teachers/administration are not responsible for lost/stolen items.
* Do not bring valuables to the locker room.

**Locker Room Security:**

Both Locker rooms are closed and locked during class and lunch. Access to lockers is permitted only at the beginning and end of each period.

**Medical Conditions:**

It is helpful to the teacher to be aware of any medical conditions that your child experiences. A note from your doctor will assist us in planning or adapting your child’s program. This information will be kept confidential.

Preferred Method of Contact: Email, at [jonessw@mdusd.org](mailto:jonessw@mdusd.org)

**College Park High School**

**Department of Physical Education**

Parent/Guardian Acknowledgement form

I have read and understand the grading policy, including but not limited to the uniform requirements, class policies and procedures.

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Student Name (print) Class Period

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Student Signature Date

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Parent/Guardian Name (print)

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Parent/Guardian Signature Date

Medical Condition, Medications or anything the teacher should be aware of: