Physical Education I/II:

Instructors:

Location: LG200/ Lower Gym/ Field House

- Coach Whitney Morris
- Coach Coy Sisk
- Coach Steve Britton
- Coach John Olive

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 "Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong." John F. Kennedy

COURSE DESCRIPTION:

Physical Education is essential for a student at any level. According to research, the correlation between physical activity and academic success is well documented. According to the American Heart Association, people of all ages should be getting a minimum of sixty minutes of exercise daily to maintain a strong heart, since it's the most important muscle in the body. This class will promote, design, and develop life-long health and fitness goals as well as teach students the importance of staying active, eating healthy, and showing good sportsmanship, teamwork, and leadership in everything that they do. Tullahoma High School Physical Education will help develop health related fitness (muscular endurance, muscular strength, cardiovascular endurance, flexibility, body composition) and skill related fitness (agility, balance, coordination, power, reaction time, speed). Furthermore, this course will offer a variety of individual, team, and fitness activities to students so they can find ways to stay active outside of school.

TENNESSEE 9-12 PHYSICAL EDUCATION STANDARDS:

Motor Skills and Movement Patterns- A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Cognitive Concepts- student will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Active Lifestyle- The student will participate regularly in physical activity.

Health Related Physical Fitness- The student will achieve and maintain a healthenhancing level of physical fitness.

Personal and Social Behavior- The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Affective Concepts- The student will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

ATTENDANCE: We will follow the student handbook procedure on attendance including subtracting 3 points for each unexcused absence. For each day you have an excused absence, you will need to see your teacher to arrange to make up your missed day. Make ups may be extra physical activities or report activities on your injury or rehab, a physical activity, a sport, or nutrition. These reports are two hand written pages for each excused absence. The student is responsible to complete these assignments before semester tests. The makeup work will not be accepted after semester tests and 3 points will be subtracted from the student's daily grade for each absence not made up by the student.

IN SCHOOL SUSPENSION: If a student is assigned ISS, the student is required to the same as an excused absence. <u>NOTE:</u> this work must be done while in ISS. When the student returns to class, he/she should have a note from the ISS instructor that their physical activity requirement is complete or a two-page report for each day in ISS. Failure to complete this assignment results in the student losing 5 points for each day.

DRESSING OUT FOR CLASS: If a student is present for class, then the student should be dressed in appropriate clothing for the class. The student should have athletic footwear, shorts or warm-ups, and a t-shirt with sleeves. The students' clothing should not have inappropriate pictures or messages. There are exceptions to the dress out rule such as: those who physically cannot dress out due to injuries, early check out from the first part of class, or teachers' exception for such days as school pictures, etc.. If a student does not dress out, he/she will given the option to choose a physical activity or to call their parents with which a teacher will join in the conversation. After the phone conversation with your parent, you may choose to do your work or go visit an assistant principal. The student will lose 5 points from his/her grade. The second offense may result in the student being removed from the class. (This is an elective class for very motivated individuals.)

AWARD DAYS: A student may earn award days to be used during the present nine weeks by going beyond what is normal for the class. You must tell the teacher at roll call that you are using an award day. You will use your award day for sitting at the picnic tables outside the Creed McClure Complex. Therefore, dress appropriately for

outdoor weather on this day (hot, cold, rain, ect). If you have a need to use the library and have <u>your</u> student agenda, we will release you to the library.

FIGHT RULE: Because of the type and size of our classes, we will punish the entire class for any fight happening in a locker room or at the tennis courts on down to the fieldhouse. No award days will be allowed and the entire class will condition until their classmates return to class. **NO Harassment Allowed.**

CLASS RULES:

- 1. Everyone should be ready to begin class five minutes after the tardy bell.
- 2. NO HORSEPLAY ALLOWED IN THIS CLASS.
- 3. Do NOT use equipment without permission.
- 4. Clean your shoes before entering the building.
- 5. Clean up the facilities after you use them (this includes returning equipment to wear you got it.)
- 6. Follow the safety rules posted in the weight room.
- 7. THS handbook rules apply.

GRADING PROCEDURES:

40%- Participation	40%-Effort to improve in the class	20%- Written semester
test		

\$5.00 Fee Student Signature_____ Date_____

Parent/Guardian Signature_____

Phone_____