



# Concord High School

## Physical Education Department Syllabus

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### COURSE DESCRIPTION

Students will be exposed to different areas of physical activity, including but not limited to, individual and dual sports, bowling, rhythm/dance, mechanics of body movements, weightlifting, team sports, and yoga. Students will demonstrate knowledge of and competency in motor skills, movement patterns, and strategies to enhance performance. Students will set goals and track progress while performing exercises to improve muscular strength, muscular endurance, flexibility, cardiovascular fitness, and body composition. Students will use fitness concepts and principles to achieve or maintain a healthy level of physical fitness.

### GRADING POLICY

Each semester grade will be a running total of the two quarters that it is made of. Grades will be determined by combining the following categories together:

- Participation = 70%
- Assessments = (Written/Skills performance/Assignments/Projects) = 30%
- Overall Grade = A = 100-85%; B = 84.9-70%; C = 69.9-60%; D = 59.9-50%; F = <50%

### COURSE EXPECTATIONS

Students are expected to come to PE class prepared, motivated, and ready to learn. We expect that our students always put forth their best effort and always encourage and allow others to do the same.

Attire: Students are required to dress down for PE class. This means you must change out of your street clothes. Recommended colors include school colors (green, gold, grey, black, or white). Athletic shoes are also recommended. "Loaner" clothes are available for student use. Students need to leave their student ID in order to borrow clothes, and must return them at the end of the period.

Attendance: PE is a participation class. A student can only earn points if they attend class.

Excused Absences: Need to be made up within 1 week of the absence in order to receive missed participation points. Students must attend a PE makeup or complete a written assignment in order to get credit for the day(s) they missed. Written assignments can be found on the dept webpage.

Unexcused Absences: Cannot be made up and will result in 0 points for the day.

Tardies: A student is considered tardy if the bell rings and they are not in the locker room getting changed for class. A student can lose up to 5 participation points per tardy. Three tardies will result in a phone call home and/or detention.

Medicals & Parent Notes: If a student is sick or injured, s/he needs to bring a note from a parent/guardian or doctor excusing him or her from the physical aspect of PE. Students will STILL be expected to dress out and participate in the activities of which they are capable. If a student has a parent note that exceeds more than one week of class, they will be required to attain a doctor's note. If a doctor's excuse note exceeds a 6-week period, the student will be transferred out of PE with no grade. Medicals will have to be made up in order to get participation credit for the day.

Locks/Lockers: Students must secure their belongings in an assigned locker. You may bring a lock from home or you may purchase a lock for \$5 from the PE Dept. Students are NOT to share their combinations or lockers with other students. The Administration and the PE Staff are not responsible for items left unattended or stolen.

\_\_\_\_\_  
Student's Name (Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Period

\_\_\_\_\_  
Parent/Guardian's Name (Print)

\_\_\_\_\_  
Signature