



2022-2023 Stetson Hills K-2 Physical Education Syllabus

Mr. Hughes, Mr. Shaffer, Mrs. Brnilovich, Mrs. Pedregon

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 practicing competency in many movement forms and forms of physical activity.
2. The student will be practicing how to apply concepts and principles of body movement to the development of motor skills.
3. The student will be practicing how to analyze the benefits of regular participation in physical activity.
4. The student will be practicing how to achieve and maintain a health-enhancing level of physical fitness.
5. The student will be practicing how to demonstrate responsible personal and social behavior in physical activity.
6. The student will be practicing how to understand that physical activity provides opportunities for enjoyment, challenges, and self-expression.

CLASS RULES

- | | |
|---|--|
| 1. Listen and follow directions | 6. Respect others |
| 2. Participate in all class activities | 7. Keep hands/feet to yourself |
| 3. No toys to be brought to PE class | 8. Closed toed athletic sneakers only! |
| 4. Be responsible for personal belongings | 9. Have a positive attitude |
| 5. Respect other students' belongings | 10. No Gum, Food or Liquids (except for water) |



CONSEQUENCES

- 1st Offense** – Verbal warning
2nd Offense – Sit out of activity w/loss of participation points
3rd Offense – Call home

DRESS CODE

Please know when your child will have P.E. so they can dress appropriately.

Students are expected to wear proper PE clothes and close-toed SNEAKERS (no flip flops, sandals, boots, etc..) every single day of class. If a student is in violation of dress code they sit out and receive no credit for the day. Shorts must be worn under skirts or dresses if you have P.E. If a student is in violation of dress code 3 times in any given marking period

the parent will be contacted. The 4th time a student violates dress code in a marking period a lunch detention will be given. The 5th time a student violates dress code in a marking period they will be given an office referral.

TESTS

Students will be given both physical fitness tests and psychomotor tests periodically throughout the year. Students will be required to keep their physical test scores to gauge improvement throughout the class.

ELECTRONIC DEVICES

There are to be no electronic devices out during the PE class. Students are to utilize their bags during the class period to keep their electronic devices secure. There is to be absolutely no photo/video taking in the locker room.

GRADES

There are 5 possible points for each day of PE. In order to receive all 5 points, students must have proper attire, be on task, follow all rules and directions consistently, and be a full participant in **all** class activities.

DOCTOR'S/NURSE'S/PARENT'S NOTES

A doctor's/nurse's note is needed to excuse a student from participating in P.E. class.

Thank you,

Mrs. Pedregon (Amenda.pedregon@dvusd.org) - Office - 623-445-5341

Mr. Shaffer (Michael.shaffer@dvusd.org) - Office - 623-445-5340

Mrs. Brnilovich (Carissa.brnilovch@dvusd.org) - Office – 623-445-5341

Mr. Hughes (Jacob.hughes@dvusd.org) - Office - 623-445-5340