

# PHYSICAL EDUCATION I

## SYLLABUS

**INSTRUCTOR: Mr. Thomas Osborn**

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### CLASS RULES

Students must put forth a good effort by increasing their heart rate, focus on skills and drills, and follow game rules appropriately. Students are expected to stay positive and respect others. Following directions and taking care of equipment is expected every day. Participation is mandatory therefore students must be here on time and prepared for class. Bringing gym shoes and gym clothes are essential to being prepared for participation in PE.

### ATTENDANCE

Attendance and participation are mandatory. Students are responsible for material covered when they are absent. They must report to the instructor upon return to class and materials will be given to them. Poor attendance/Tardies can reduce your grade.

### GRADING

A point system will be used to determine each student's grade for each nine-week marking period. Standard Illuminate Grading Scale is used.

100-93 is an A	73-76 is a C
90-92 is an A-	70-72 is a C-
87-89 is a B+	67-69 is a D+
83-86 is a B	63-66 is a D
80-82 is a B-	60-62 is a D-
77-79 is a C+	0-59 is an E

Class participation- 10 pts/day = approximately 450 points

Skill tests- 10-50 points per test

Participation – **not dressing** for class constitutes the loss of ½ **letter grade**. Points will also be deducted when a student chooses not to **follow class rules** or directions.

### EXCUSES

A note from a **DOCTOR** is required to be excused from any activity. Students will be given full credit for an excused no dress. Other situations will be addressed on an individual basis and missing activities may be required to be made up before or after school.

### NO DRESS

Students who chose to not dress and participate may be required to do some form of physical activities.

Students will **not** be allowed to bring other class work into the P.E. class. Student athletes are **not excused** from that day's lesson on a "game day" and will dress and participate in all classes.

### TARDINESS

Students will be considered tardy if they are not in line or not present when their name is called by the instructor. Your goal is to beat me to class.

### ARRIVAL & DISMISSAL

Students will be given five minutes prior to the beginning of class to dress. Ten minutes will be given at the end of class to shower and change. Students may not leave the activity area without permission. They must not leave the gym prior to the bell. If waiting for the bell to ring, students must not wait in the halls (gym or locker rooms only). Students who choose to leave the gym will be given a warning. Repeated offenses may result in a school referral.

### UNIFORM

GYM: Gym shoes (non-marking soles as designated as indoor shoes) Shoes must be tied so they do not fall off, T-shirt or sweatshirt, shorts or sweats. No sagging gym shorts (given a no dress for that day or an alternative assignment.)

### LOCKERS & LOCKS

Lockers are to be used during the **P.E. hour ONLY**. It is strongly recommended that students buy a lock and use it daily. The school will not be responsible for lost or stolen items. Locks that are left on lockers overnight may be removed. All clothing and personal belongings must be stored in a locker during the class period. Belongings left on the floors and benches will be placed in the lost and found. The floor in the locker room must be kept clean.

### SHOWERS

No running, sliding, or horseplay. Absolutely no glass items in the shower or locker rooms. Showers must be **turned off** when not in use. The locker room floor will be kept clean.

### INJURIES

Report all injuries or medical conditions to the instructor immediately and the appropriate action will be taken.

Have a GREAT semester!