

Lincoln Hill High School
Physical Education
Mr. Webster
cwebster@stanwood.wednet.edu

COURSE DESCRIPTION

Lincoln Hill Physical Education is designed to help each student improve their fitness and knowledge of physical activity. Each week, students will participate in a variety of different activities ranging from, but not limited to; fitness/cardiovascular activities, team/individual sports, weight training, core/functional strength, etc. Students will work towards attaining a healthy fitness level.

COURSE GOALS

In this class, students need to be committed to daily exercise and activities. **Active participation is critical.** This physical education class will focus on the five components of health related fitness: *cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.*

GRADING

Students are graded **on daily attendance and participation (4 pts. each day).**

-80% of the overall grade is attendance/ participation.

-10% of the overall grade is special assignments and tests.

-10% of the overall grade is citizenship and responsibility.

Daily Participation:

+4 points each day

*Absent/No Participation:

-4 points

Ways to lose points:

Tardy to Class:

Disrespect:

Wasting class time:

Cell Phone Use:

Poor Participation:

Off Task Behavior:

Inappropriate Language:

Not Following Directions:

Insubordination:

Grading Scale

100%-93% A	79.9%-77% C+
92.9%-90% A-	76.9%-73% C
89.8%-87% B+	72.9%-70% C-
86.9%-83% B	69.9%-67% D+
82.8%-80% B-	66.9%-60% D

Below 60% is not passing!

**This class is NOT graded on a curve. Each individual is held responsible for EARNING their grade with participation and citizenship. It is based on YOUR best effort and participation.

DAILY EXPECTATIONS

- Class will meet in the gym every day for attendance.
 - Backpacks will be placed on the steps of the stage.
 - Stage and stage hallway are COMPLETELY of limits.
 - Students will line up on the North wall of the gym for attendance.
 - If you are not in your assigned spot for attendance you will be marked tardy.
 - 5 tardies= Lunch Detention

- No food/drinks (besides water) in Gym, Fitness Center, or Weight Room.
- Come prepared to learn and be active every day. **Your best effort, participation and a good attitude lead to your own success in this class.**
- Respect for yourself, peers, adults, equipment and the school will be expected.
- All students are responsible for helping in each other's learning.
- Students are responsible for keeping the class environment and learning space safe and respectful.
 - We will respect and support ourselves and all others in the class.
- Students will help with equipment storage at the end of each class period.
- Students are to remain in the class until they are dismissed.
 - Leaving early will result in a loss of ALL daily points

CLASS EXPECTATIONS

-You are in your designated spot and standing for attendance.

-Cell phones or tablets will NOT be allowed in class, but may be used during your passing period. Once attendance is called they must be put away.

--If they are not, a loss of points will occur.

--If it becomes an issue, phones will be confiscated by the administration/office.

-Music is allowed in the FITNESS CENTER (Tuesdays) or on other designated fitness days, but students must be wearing headphones and participating in the designated activities.

-If you are choosing not to participate in class, you will be sent to sit in the office and forfeit your daily points.

--Should this become a habit, you will be removed from the class.

-There will be NO leaving the gym without permission. If you are going to get a drink or go to the bathroom, you need to ask before you leave.

*Each student is allowed 1 bathroom break per class period. (1 student at a time)

If time is an issue during the break, this may be limited.

-1st offense is a warning. 2nd is a detention.

PE DRESS POLICY

-Students are not required to change from school clothes to PE clothes each day. With that said, should students choose to bring a change of clothes, they will be expected to change during their passing period.

-Proper footwear is required for all students. This means some kind of active shoe. (tennis shoe, converse, etc... TOMS, Romeos, cowboy boots will be allowed if they prove not to be a problem) You should not be wearing flip flops!

*PE shoes may be stored in the equipment closet if a student chooses to do so for the year.

*If proper footwear is an issue, please speak with Ms. Amundson or Mr. Ovenell as soon as possible.

PE MAKE-UPS

-**Excused Absences** may be made up for full points (4 pts) by completing a PE Make. Make up forms will be available for students and turned back into Mr. Webster. Other PE make up options are available, but will be given on a needs basis by Mr. Webster.

-**Unexcused Absences** may be made up for 1/2 of daily full points (2 pts) by completing a PE Make Up in the Fitness Center.

Please feel free to contact me at any time.

Email: cwebster@stanwood.wednet.edu

Phone: *School* at 360-629-1340 ext 2233

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Student Name_____

Period_____

Student Signature_____

Date_____

Parent Signature_____

Date_____

Please list any concerns/health issues that may affect your ability to fully participate in physical education:

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