

PHYSICAL EDUCATION SYLLABUS

INSTRUCTOR: Mr. Armstrong

andya@eupschools.org

635-3839 ext 5832

Physical Education is a 9 week course that all students will have in part of a 9 rotation week courses. The PE course consists of outdoor/indoor and a variety of skill and fitness activities.

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. 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 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

Skill tests- 10-50 points per test

Participation/Employability – 10 pts/day = approximately 450 points. These points will be given to you at the beginning of the 9 weeks. You are starting with an A!

Not participating and low effort in class **will drop your grade**. Points will also be deducted when a student chooses not to **follow class rules** & directions(employability skills).

EXCUSES

A note from a **DOCTOR** is required to be excused from any activity. Students will be given full credit for “excused no dresses”. 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 are not prepared with appropriate gym shoes will lose points toward their grade. Students will **not** be allowed to bring other class work into the P.E. class. Student athletes are **not excused** from the day's lesson on a “game day” and will dress and participate in all classes.

TARDINESS

Students will lose points toward their grade for being late. Students may be given an alternative assignment or have to make up the time before or after school.

ARRIVAL & DISMISAL

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

Shoes: Gym shoes are required(non-marking soles as designated as indoor shoes)

Hey Dudes, "Slides", boots, & birkenstocks are **NOT** accepted as gym shoes. Shoes must be tied so they do not fall off.

Clothes: T-shirt or sweatshirt that covers shoulders, chest, and abdomen area, and shorts, leggings or sweat pants.

LOCKERS & LOCKS

Lockers are to be used during the **P.E. hour ONLY**. It is strongly recommended that students buy a combination 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 9 weeks!