MARCE HERZ MIDDLE SCHOOL
PHYSICAL EDUCATION SYLLABUS

"*Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity*." -John F. Kennedy

INSTRUCTORS:
Mr. Barbey
rbarbey@washoeschools.net
Mrs. Noble
bnoble@washoeschools.net

COURSE DESCRIPTION: This course provides students with the opportunity to learn a variety of sports and sport related movements as well as health and fitness concepts. Health topics relate to nutrition, fitness health and wellness. Emphasis is placed on active participation and positive social interaction during fitness and sport activities.

GOAL: The goal of our Physical Education program at the middle school level is to help students develop specialized skills, offer new opportunities to explore recreational activities, and to build on lifetime wellness and social skill concepts.

ACADEMIC GRADE:
There are two grading categories that your student will be graded on. First, their grade will be based on daily participation/effort, and home learning assignments. These assignments are called formative assessments and will be worth 40% of your grade. The second category is summative assessment grades, these grades will be entered at the end of the quarter and are worth 60% of the students' grade. These tests will consist of improved ½ mile or 1-mile times along with our fitness exam.

METHOD OF EVALUATION:
*To receive the maximum number of daily points, it is necessary to:
1. Bring all necessary materials to class. (including student ID, agenda book and reading book)
2. Wear comfortable clothing and proper footwear on the days you have PE.
3. Participate fully in all class activities.
4. Display maximum effort.
5. Follow all class rules and procedures to ensure safety for all.
6. Cooperate fully with instructors, peers, and substitutes.

BEHAVIOR GRADE: A positive attitude and good effort are displayed by the student during the entire PE class. Good sportsmanship and cooperation with teacher and peers are displayed in all activities.

ABSENCE POLICY:
If a student is absent, they must complete the PE make-up form requiring a parent signature.

MEDICAL EXCUSES: When a minor injury or illness occurs and you feel it would be in the best interest to avoid strenuous activity for that day, a parent note will be accepted. Occasionally a student may need to be excused from participating in class due to a serious injury or illness. Students who will miss three or more days of activity need to provide a written physicians statement indicating the injury or illness and the duration of the restriction. Students out on extended medical leave may be subject to a written assignment.

MATERIAL NEEDED:

- All students need to be in PE uniforms with proper shoes on the days they have PE. PE uniform top is mandatory through Kate's Logos, bottoms must be plain black with no large logos. Kate's offers shorts and sweats as well.
- Marce Herz PE uniforms are sold through Kate's Logos https://kateslogos.com/collections/marce-herz-pe-uniforms (775-432-1777) (optional PE bag $5.00).
- Deodorant (to remain in PE locker). No aerosols/perfumes permitted.
- Water bottle (no glass)

ADDITIONAL INFORMATION:

- No glass containers or aerosol cans (hair spray) are allowed in the gym area.
- The PE areas are GUM-FREE, SODA-FREE, and FOOD FREE areas.
- Inappropriate language and/or behavior will result in lunch detention, parent/guardian notification or removal from class.
- Due to no supervision in locker rooms, restrooms are to be used before or after class only.
- In order to accommodate all PE classes on an assembly day and/or inclement weather days, the PE dept. may show sport-oriented movies and documentaries with the students. Our video library consists of nutritional videos, sports blooper videos, health related documentaries, and "G", "PG", and "PG13" rated films.
- All personal belongings need to remain in the locker room.

Please detach and return to your teacher

HOMEWORK

Please sign and return indication you have read and understand the policies and procedures for Marce Herz PE.

Student Name:_____ PE Period:_____ PE Teacher:_____

Student Signature:_____

Parent/Guardian Signature:_____

Parent/Guardian Contact Information:

Email address:_____

Home #:_____ Work #:_____ Cell #:_____

Comments:_____

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