

PE 1 Syllabus – Semester 1

Mrs. Brittany Killips

“Be prepared. Be respectful. Be active. Be your best!”

Course Overview

Physical Education I is a required course for graduation. Students will participate in a variety of indoor/outdoor activities, fitness training, and skill development to improve overall health and wellness.

Class Rules & Expectations

- Effort: Increase your heart rate, focus on drills, and follow game rules.
- Respect: Stay positive, respect others, and handle equipment properly.
- Preparedness: Be on time, wear appropriate clothes/shoes, and be ready to participate.
- Participation: Daily participation is required.

Attendance

Attendance and participation are mandatory for Physical Education class because consistency is key for developing lifelong fitness skills. Students are responsible for making up missed work and alternate assignments may be given. Only a doctor's note will excuse you from activities.

Grading

You start the semester with an A (450 points). Points are earned daily for participation (5pts). Points will be deducted accordingly for the following:

- Full participation = +5
- Non-dress/No participation = -25
- Inappropriate athletic shoes/dress = -15
- Cell phone or Electronic device = -5
- Lack of effort/misuse of equipment/swearing/leaving gym without permission = -10

Grading Scale:

- A = 100–93 | B = 86–83 | C = 76–73 | D = 66–63 | E = 59 & below

Policies & Guidelines

Proper Attire:

- Athletic tennis shoes (no slides, sandals, Crocs, boots, HeyDudes, etc.)
- Full-length t-shirt/sweatshirt with sleeves (no midribs, tank tops, cut-offs)
- Shorts, leggings, or sweatpants
- If proper attire is a concern, please speak directly with Mrs. Killips.

Electronics: Not allowed in class. Keep them in your locker.

No Dress:

- Students who don't dress must still participate in alternate activities.
- Athletes must dress and participate, even on game days.

Arrival & Dismissal:

- 5 minutes to dress before class. 10 minutes at the end to shower/change.
- Stay in the gym/locker room until the bell.
- Tardies will be given to students who are not dressed and ready in the gym at the time attendance is taken. Excessive tardies will affect students' grades.

Locker room>Showers:

- Due to construction this year students will not have access to the locker rooms or the showers before, during or after PE class

Injuries:

- Report injuries or medical issues immediately to Mrs. Killips or an administrator.