

Syllabus for Physical Education

GRADING

Each student will be assessed a point value everyday (with few exceptions). The following scale will be used in determining the outcome of your grade:

1 point = Warm-up

3 points = Participation, Behavior, Knowledge/Concepts

Some units in each quarter will also include a written test, which will also be graded on total number of points (35 out of 40 for example). This test is approximately 10-15% of your quarterly grade.

There will be a comprehensive final exam worth 10% of your grade.

MAKE UP DAYS

Students will be permitted to have 4 excused absences per quarter. Anything above 4 excused days will result in a zero. *Students can make-up their missed time in the fitness center after school under the guidance of the fitness center supervisor or join a regular PE class during his/her study hall as long as you aren't in SOAR2. A maximum of 8 make-up days per quarter will be allowed.

Unexcused or unverified absences and non-change/no gym shoe days cannot be made up.

Activity must be a minimum 30 minutes in length. Activity also must be separate from any extra-curricular practice or activity.

Activity should be appropriate for inclusion in our PE curriculum. Examples would be running/walking on the treadmill, biking and lifting, amongst others.

Make-ups are encouraged to be completed as close to the missed day as possible. All make-ups need to be completed by the end of the quarter that the missed day/s occurred. You will only be allowed to make up 1 day at a time.

*The fitness center supervisor must sign off that you fulfilled the requirements. Sheets can be obtained from your PE teacher.

**Exceptions may be made as to where the make-up assignment will be completed per agreement between the physical education teacher and the student.

EXPECTATIONS

Class expectations are as follows:

- Be on time. Five unexcused tardies equals an unexcused absence. Unexcused tardies in PE mean you are not in the gym/locker rooms prior to bell. Keep in mind the tardies accumulate for all classes and will affect eligibility/truancy.
- Have a change of clothes (including appropriate **gym** shoes). A non-change day results in a 1 point drop in your daily grade (if you earned a 4 that day, you will only receive a 3). However, you must have appropriate gym shoes to **participate** (No flip flops, work boots, dress shoes, etc). A no participation grade equals a zero!
- Be courteous. Encourage peers, don't discourage! (You get what you give.)
- No foul language. No sexual harassment.
- **CELL PHONE RED ZONE:** No cell phone possession is allowed in class UNLESS you are given permission by your teacher. Per law, NO CELL PHONE USE IS ALLOWED in the locker rooms.
- Do not touch the stereo system in either gym or the fitness center unless asked.
- Please do not take out equipment unless asked.
- Come ready to learn and be **ACTIVE** in class. You may want to shower after class so bring the appropriate supplies.
- Have inhalers/epi pens ready if you need one.
- Emergency Procedures:
 - o Tornado: Locker room/Storage room
 - o Fire: Outside and away from building
 - o Intruder: Location/Situation-dependent
 - o Medical Hold: Stay in gym
- Missed class time due to injuries or illness will require a note from a parent or doctor/trainer. Notes should be given to the teacher 1-2 days after the injury occurred. Injuries lasting more than a week will require a doctor's note. Missed class time due to an injury/illness will be made up at the discretion of the teacher.
- Wait in **the gym or lower commons** until the bell dismisses you from class. Stay out of the upper commons and hallway. **Failure** to do so results in an automatic **zero** for your daily grade that day.