

Physical Education Syllabus

Welcome Back!

I hope everyone enjoyed a very active summer and found some time for rest and relaxation as well.

Physical Education

The main goal of physical education class is to teach a wide array of activities that students may participate in to live a healthy and active lifestyle. Students may not enjoy every activity they participate in which is why they will experience and learn about numerous sports and fitness activities.

PE Clothes

In order for students to be active participants they need to be able to run, jump and move in comfortable clothing. Students should not wear clothing that is too revealing. All shirts worn in PE class must have sleeves. Tank-tops and cut offs will not be allowed. Students should have shoes that stay on their feet. **Shoes should be laced up and tight. If a student does not have appropriate shoes they will be given loaner shoes for the day.** All questions about PE clothing should be directed towards your PE teacher.

PE Locker

A prepared student should have at least the following items in their gym locker or hall locker.

Example Locker

- Shorts and or Sweats (especially if it is chilly outside)
- T-shirt and sweatshirt
- Inside & outside shoes (Inside shoes must be clean)
- Soap, towel (to clean off or shower) and deodorant.-IMPORTANT
- Extra pair of socks

It is recommended that students take their clothes home on the week-ends to get washed.

Changing into PE clothes is a requirement in this class. Students must wear different clothes than they wore to school.

PE Lock

If a student would like a school combination lock they must pay a \$7 deposit which will be returned when the lock is turned in. Otherwise students must supply their own combination locks. Key locks are not to be used in the locker-room. Last year some things were stolen and damaged out of student's lockers. Most of the time this happened to students who forgot to lock their locker or put items away. Students should not bring valuables into the locker-room and should always keep their materials locked in their locker. **No clothes or materials will be allowed in lockers that do not have locks. If a student does not supply their own lock they will use their hall lockers. Potterville Public Schools is not responsible for any stolen or missing items.**

Equipment

All students will be held accountable for any equipment that they use. Students who purposely break or lose equipment will be charged for replacement.

Grades

Your physical education grade will be calculated using these categories;

- Participation: Students should plan on participating to the best of their ability on each PE day. 5 pts for participation are given every day. If an injury or recovery from an illness keeps the student from being able to participate, please provide a doctor's note. **Parent notes are highly discouraged.** We as a PE department promote life-long physical activity. We just want the students to try and do their best every day.
- Skills Test: Students will be tested on the skills we learn and practice in class.
- Written Test: Written test will be given on most subject material.
- PE Clothes: PE clothes must be worn in order to pass this class.

Absence Make-up work

Physical education class is the same as any other class with regards to make-up work. When a student has an **excused** absence they are required to make up the exercise they missed out on. This can be done when students are healthy enough to participate. Students must pick-up one make-up sheet, from the file holder in the gym, for every day they have missed. This make-up sheet will give different exercise options that student can do in order to gain participation points they missed out on. Parent or guardian will sign for witnessing and the sheet will be returned to file holder. **Absence sheets must be turned in no later than 5 days from when the student returned to school. Students are responsible for their own make-up sheets!**

Minor Infractions

1. Warning (verbal or nonverbal)
2. Conference with student
3. Contact home

Major Infractions: Send to office

The responsible thinking room (RTR**) and student support center (**SSC**) will be used when appropriate.

PE Rules ALL YEAR, EVERYDAY

1. Safety First! (Think before you act)
2. Keep your hands, feet, and objects to yourself!
3. No cursing/teasing
4. Listen to instruction the first time
5. Positive Attitudes Only! (No whining)

PE Procedures

1. **Entering the gym:** Use the hallways to enter the locker-rooms.
2. **Follow the PBIS locker room and classroom behavior expectations.**
3. **Read the boards:** Read the white board in the gym for daily activities.
4. **Clothing:** Put on tennis shoes and clothes in the locker room.
5. **Restroom:** Use the restroom before class or in the locker room before entering the gym to participate.
6. **Exiting the Locker room:** Once you come out of the locker room, there is no need to re-enter.
7. **Water:** Make sure you get a drink of water before entering class. If you need a drink during class, ASK TEACHER FIRST.
8. **Leaving Class:** ASK TEACHER FIRST if you have to leave class for any reason. If a student leaves class without permission they are subject to disciplinary action.
9. **Warm-ups:** Begin warm-ups as soon as you enter the gym from the locker room.
10. **Tardy:** Each student gets 4 min's to change and start warming up. Any student entering the gym after 4 min's will be marked tardy.
11. **Whistle:** When you hear 1 whistle, **STOP, LOOK & LISTEN**, when you hear 2 whistles, **SIT DOWN & BE QUIET**. If the 2 whistles come during warm-ups that means go sit in your squads.
12. **Squads:** Each student will be assigned to a squad. If a student is not sitting in the correct spot then they can be marked **tardy** if they are in the gym and absent if they are not.
13. **Absence:** When absent, pick up a make-up sheet in the file folders by the white board. This is the student's responsibility to retrieve and return to gain participation credit for the day they have missed.
14. **Paperwork:** When turning in progress reports, homework, absent sheets, etc. put in the appropriate grade level box in the file folder by the white board. When in the weight room, turn in assignments in the basket on the desk.

15. **Equipment Room:** For safety reasons students are not allowed to enter the equipment room unless given permission by teacher.
16. **Taking care of equipment:** Equipment is to be placed on the floor or in the appropriate containers outside of the equipment room after use.
17. **Hallway:** When in the hallway for any reason walk and use quiet voices. When entering the weight-room wait patiently for the door to become unlocked.
18. **OUTSIDE FIELDS:** Students are to jog to their assigned fields. The teacher should be the last one to the fields. Sometimes we are at fast walk and sometimes a slow jog. Students will lose 1 of their 5 daily participation points if they are late.
19. **Extra time:** If there is extra time to spare at the end of the class, have a seat on the benches in the locker-rooms.
20. **Exiting the Locker-room end of day:** Use the doors that enter the hallway not the gym.

This page is to be returned with the required information as a 10 pt homework assignment.

Health Concerns!!

Please describe any health concerns you might have.

Students Name Printed: _____ **Grade:** _____

Parents Name Printed: _____

Parent Name Signed: _____

Parents Email (Important): _____

Parents Phone # : _____

Feel free to contact us with any questions or concerns. Emails are easiest but feel free to call as well.

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