

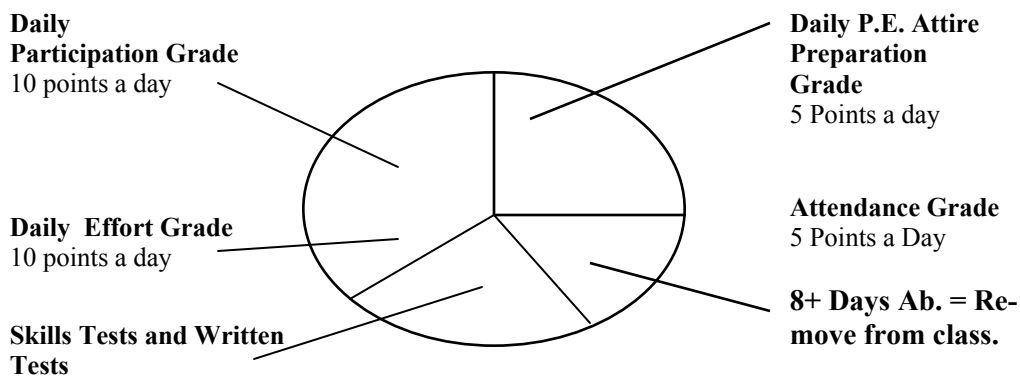
# Physical Education Course Outline

**Instructor:** Mr. Glassburn

**Course Introduction:** The purpose of this course is to develop individuals who are proficient at movement and who can use physical activity to maintain or develop physical fitness, develop skills for sport, recreation, and lifelong physical activities.

**Basis for Grades:** Your grade will be determined by your performance in **daily class activities** and skills tests. A portion of your grade will be determined by your ability to come to class prepared with the proper P.E. attire. Written tests including a term final will also make up part of your final grade

**Daily Participation:** Each day Physical Activities such as; body weight exercises, jogging, push-ups, and curl-ups, will be done. A game, sport skill or other skill building activity maybe done. Swimming lessons covering each stroke and other water related sports and skills will be done weekly. These activities make up the daily participation grade. This class is primarily a **participation class**. class work can not be made up, therefore you will loose participation points if you do not participate in those activities or upon an absence from class.



**Daily P.E. Attire:** Students must come to class each day with the proper attire fitting physical activity. Each student needs to keep a swim suit at school. Girls should wear a one piece suit appropriate for the school atmosphere. Each day not properly dressed for the days activity, will result in a reduction in the daily P.E. Attire Category. This is also considered a discipline problem and will result in the following actions

1st—Non-Dress	Verbal Warning
2nd—ND	Verbal Warning
3rd—ND	2 Hour Detention
4th—ND	2 Hour Detention
5th—ND	2 Hour Detention
6th—ND	Saturday School
+7th—ND	<b>Removal From Class with an F</b> (Student will be sent to ISS room to complete the term.)

**WHAT ALL P.E. STUDENTS NEED:**

1. T-shirt with sleeves, school appropriate
2. Athletic shorts or sweat pants, appropriate length
3. Gym shoes, non-marking + cotton socks
4. Swimming attire, school appropriate, + goggles (optional)
5. Towel, shower supplies (soap, shampoo) school will not provide
6. School Lock \$5, optional if using school locker
7. All students belonging should be clearly marked to avoid loss or theft.

**Written Tests:** Written tests are given to test knowledge of rules and other important information.

**Attendance:** Attention !!!!! This is a **participation** class. All work is done **in class**. Attendance is mandatory. If you miss more than **8 days of class in a semester** you will not receive credit, and may be removed from the class. If you have an injury or have scheduled surgery or plan to miss class for any other reason which causes you to miss 8 or more days of participation you will be withdrawn from the course.

**Skills Tests:** Skills tests will include the President’s Test for Physical Fitness and other skill for each unit ie. Swimming strokes, gymnastics stunts and others.

**Cell Phone-Music Players:** These devices are not allowed in class and will be confiscated in accordance with the student handbook.

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

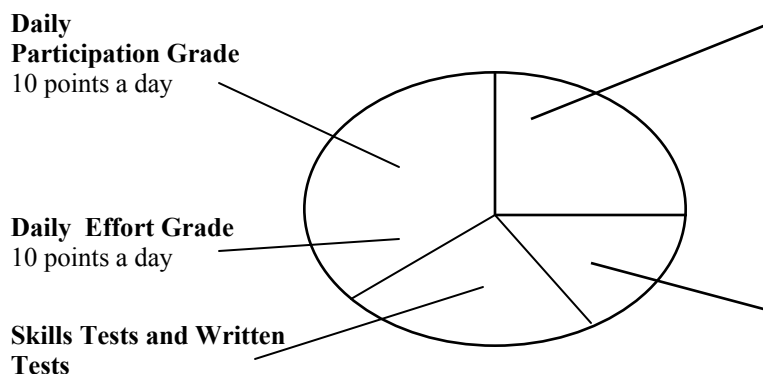
**Parents Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Physical Education Course Outline

## Grade Category make-up for Physical Education

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**Daily P.E. Attire:** Students must come to class each day with the proper attire fitting physical activity. Each student needs to keep a swim suit at school. Girls should wear a one piece suit appropriate for the school atmosphere. Each day not properly dressed for the days activity, will result in a 10 % reduction in the daily P.E. Attire Category. This is also considered a discipline problem and will result in the following actions

1st—Non-Dress	Verbal Warning
2nd—ND	Verbal Warning
3rd—ND	1 Hour Detention
4th—ND	2 Hour Detention
5th—ND	2 Hour Detention
6th—ND	Saturday School
7th—ND	<b>Removal From Class with an F</b> (Student will be sent to ISS room to complete the term.)

**Written Tests:** Written tests are given to test knowledge of rules and other important information.

**Attendance:** Attention !!!!! This is a **participation** class. All work is done **in class**. Attendance is mandatory. If you miss more than **8 days of class in a semester** you will not receive credit, and may be removed from the class. If you have an injury or have scheduled surgery or plan to miss class for any other reason which causes you to miss 8 or more days of participation you will be withdrawn from the course.

**Daily P.E. Attire**  
**(prep grade)**  
5 points a day