

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 the following.

**30pts Possible Each Day** - Absences will be given a 0

- 10pts Participation
- 10pts Effort/Attitude
- 5pts Dress
- 5pts Attendance

**35pts Daily and Weekly Journal**

- 5pts/day Record daily food intake and exercise
- 10pts Respond to a writing prompt weekly

**Teaching an Activity Lesson**

- 100pts Develop a lesson plan with physically active skills & drills

**Daily Participation:** Each day physical fitness activities, a game, sport skill or other skill building activities will be done. These activities make up the daily participation grade. This class is primarily a participation class, class work cannot be made up, and therefore you will lose participation points if you do not participate in those activities or are absent from class.

**Excused from Participation:** Attendance is mandatory. If you miss more than 7 days of class in a semester you will not receive credit and may be removed from the class. If you have an injury, scheduled surgery, or plan to miss class for any other reason that causes you to miss 8 or more days of participation you will be withdrawn from the course. Consequences for tardies are listed in the student handbook and will be followed.

- Any no-dress or medical excuse non participation day will still involve walking or stepping if possible
- Bring a note from a parent explaining the problem (good for 1 day at a time)
- After 3 days of excuses, a doctor's excuse must be obtained that has the dates for non-participation included.
- Excessive excuses may indicate a need for a schedule change.

**Daily PE Dress:** Proper dress for PE includes clean shorts and t-shirt, no cut-off shorts, and no muscle shirts or tank tops. Shoes must be clean non-marking gym shoes. Jewelry must be removed for safety reasons. This is also considered a discipline problem and will result in the following actions.

- 1<sup>st</sup> & 2<sup>nd</sup> — No-Dress – Verbal Warning
- 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> — No-Dress – 2 Hour Detention
- 6<sup>th</sup> — No-Dress – Saturday School
- 7<sup>th</sup> — No-Dress – **Removal From Class with an F**

**Locker room:**

- No food or drink allowed in locker room to prevent rodents & insects
- Do not leave clothes or anything of value out. You may bring valuables to the teacher for safety.
- No non-school locks are allowed. All others will be cut off. Locks can be purchased for \$5.00 and used all 4 years.
- Do not share lockers or combinations with other students. Report locker number to teacher.

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

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

# What all PE Students Need

- T-shirt with sleeves: school appropriate
- Gym Shorts: appropriate length
- Gym Shoes: non-marking + cotton Socks
- Shower Supplies: towel, soap, shampoo
- School issued lock: \$5 in HS office (optional but recommended for security)
- All items should have name in permanent marker to avoid loss or theft.
- Mr. Glassburn's Class: Swimming attire school appropriate, goggles optional