

Syllabus for Physical Education

Coach Bain – (813) 346-1246 (boy's office)

Coach Flatley – (813) 346-1247 (girl's office)

Mission

Our mission is to facilitate students in improving their quality of life through regular physical activity. This will be accomplished by using a student-centered approach while teaching the psychomotor, cognitive, and affective aspects of physical fitness and demonstrating personal responsibility in all areas of the curriculum.

Expected Student Outcome

Participation in Physical Education shall require clothing appropriate to the activity, such as, tennis shoes, shorts, t-shirts and sweatpants. This promotes freedom of movement, safe participation, and builds a good hygienic practice. Should a student not wear tennis shoes to school, they can bring them in their book bag or store them in their locker and change before class. Should a student have any special needs, they should see their coach to make arrangements. Each unit will be 2 weeks long.

Students who do not participate in physical education activities will lose their 15 points for that day. Complete refusal of participation will result in failure of Physical Education.

Absences

If you are absent from PE you will need to do make-up work for missing the day to receive points for the day. You need to find an article about sports, nutrition, health or fitness, from a newspaper, magazine, online, etc, read it and write one paragraph (at least 5 sentences) summarizing what you've learned from the article. You will receive full credit once you turn in your summary and the article to your coach. This is to be done for each day absent (i.e. if you are absent for 3 days then you need to do 3 articles).

Grading

All grades will follow the DSBPC grading scale:

A: 90% – 100% **B:** 80% – 89% **C:** 70% – 79% **D:** 60% – 69% **F:** 0% – 59%

Student's will be able to earn up to 25 points each day: 15 points for participation in class and sportsmanship (respect for coaches and classmates) and 10 points for dressing out in the appropriate gym attire.

If a student needs to be excused from participating, they must do the following:

Bring a signed and dated written note from a parent or guardian with a valid reason (illness/injury).

If the student has a serious illness or injury that will keep the student from participating for more than three days a doctor's note will be required. The coach will then assign alternative work.

Locks and Lockers

There will be a \$5.00 rental fee charged for locks. **Do not share your locker, you are responsible for your own lock and you are the only one who will be given the combination. Students will be held responsible for their lock and locker.**

Behavioral Expectations

Gym, Locker Room, Weight Room, and Fields

You are to be in the gym, lined up for attendance, when the bell rings or you will be tardy. The consequences for being tardy will follow the school-wide tardy policy. Dress out quickly and wait to be dismissed to go out to the activity for the day. Lock all clothes, books, and valuables in your locker. **We are not responsible for your belongings.**

Anyone caught defacing the locker room or any school property will be dealt with by administration.

Running, profanity, fooling around and screaming are not allowed.

Do not enter the Coaches office without permission.

You will be dismissed at the end of class by the coach. **Do not go outside of the locker room until you are dismissed.**

Do not touch any locks or lockers unless it is your own.

Do not share your locker with anyone.

No eating will be permitted in the locker room.

If anyone is caught intentionally damaging any part of the physical education facilities or equipment, they will be restricted from use and will be expected to pay for the damages.

PE Dress/Attire

NO SPANDEX OR LEGGINGS PERMITTED

***Coaches have the right to revise the above syllabus as needed at any time.**