Addison Community Schools

Physical Education Syllabus

2018-2019 School Year

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**Course Description:**

Teaching students the skills associated with physical activity and the components of fitness to live a long, healthy and active lifestyle.

**Course Objectives:**

* To increase knowledge of physical activity and the benefits associated.
* To correctly demonstrate the skills associated with activity.
* To understand the rules, strategies and procedures of the activities.
* To improve on the five components of fitness (Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).
* To develop and implement their own strategies during activity or fitness.

**Course Requirements:**

1. **Midterm and Final Exam.**

There are three types of exams that will be used for their Midterm and Final. Fitness testing, Knowledge of skills and sports (Final), and overall level of participation.

1. **Skill Assessments.** Students will have a pre-test and post test on each skill related to the activity. For example: In a basketball unit the students will be tested on shooting, dribbling, and passing before and after the unit. Each student must show progression.
2. **Quiz.**  Throughout the semester students will have quizzes; testing them on rule and boundaries of the game.
3. **Show up to class on time.** You are required to be in class before the bell rings. If you are late then you will receive a tardy for that class. You will be given time to change and be out in the gymnasium. If you are not out in the gym before the 10 minute mark (from the bell) you will be marked absent.
4. **Participate.** All students are required to dress appropriately for PE (no cut offs, short shorts, spaghetti straps, or tank tops) and participate in all activities. If there is any reason that a student can’t participate in an activity then they must have a note from home explaining why they can’t participate or a note from a doctor
5. **Come prepared.**  Students must have appropriate apparel and appropriate footwear (no cowboy boots, slippers, sandals, Uggs, etc.).
6. **ATTITUDE.** Students must come to the gymnasium with a positive attitude, ready to participate in the activity, and respect the teacher and other students. Part of the daily grade is based around student attitude.

**Grading Procedure:**

Daily Points- 5

Skills assessment- 10

Fitness related- 10

Exam - 18

Daily Points

* 5-A
* 4-B
* 3-D
* 2-F
* 1 or below is a zero

Daily points are based on daily participation, attitude, and effort.

Skill assessments are based on progression of each skill during that unit.

Exams are based on the fitness test and written test

**Addison PE Dress Requirement:**

* All Students must wear clothing that is appropriate according to the school dress code.
* List of inappropriate clothing:
* Shirts that do not cover the shoulder and/or reveal more than an inch below the arm pit.
* Shorts that lack cover
* Inappropriate print
* Holes
* And anything else that goes against school code.

**Medical policy-** When a student is unable to participate.

* A written note from the parent is only good up to 3days.
* A doctors note must be given to the teacher if they are to miss more than 3 days
* The student will be responsible for cognitive work to make up for their time off being active.
* If a student has to be excused for more than 2 weeks then they could be transferred to another class or be responsible for other task.

**Behavior-** If a student fails to behave during class the following consequences may take place

* Student will be talked to by teacher about their behavior
* Student may be asked to sit out of the activity and complete a worksheet
* Student may be sent to the office and dealt with by the principal

**Important-** If a student fails to come prepared for class they will receive the following:

1. First offence- zero for the day and a warning.
2. Second offense- zero for the day, lunch detention, and a call home.
3. Third offence- zero for the day, week of lunch detentions, call home.
4. Fourth offence- A call home regarding grade and possible 10% off final grade.

- Students that are not prepared will still have to participate in some type of physical activity during class or be responsible for cognitive work.

**CELL PHONES-** The gymnasium, weight room and locker rooms are considered a **red zone** which means no cell phones allowed. Under no circumstance is a student allowed to have a cell phone in the locker room. If a cell phone is out in either of these areas I will ask the student to shut it off and put it in the basket. I will then give it to Ms. Yieder and he will give it back to the student when he has talked to them. I am **not** **responsible** for your cell phone so please keep it in your hallway locker.

***Rules:***

* When entering the locker room there are NO cell phones, chromebooks or other electronics devices permitted or you will be sent to the dean
* After you’re finished changing, stay in the locker room until you are dismissed
* Once dismissed from the locker room report to your facility for daily attendance
* Use bathrooms before class or after class; class time is not for bathroom use
* Food/Drink are not allowed in the locker room
* Spit out any gum before class begins – **NO** gum is allowed in any PE facility
* Swearing and inappropriate language will **NOT** be tolerated; school consequences will be strictly enforced
* Theft, Vandalism, and Destruction of school property will **NOT** be tolerated

***It is the responsibility of every student to make sure their locker is properly secured with belongings inside. Do not share lockers with other students, give other student your locker combination or leave out valuable belongings.***