

PVSEA Physical Education Syllabus

PVSD Physical Education Mission Statement

To offer a developmentally and age appropriate program designed to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle. Physical Education is an integral part of a balanced education. It offers the opportunity for the development of not only physical well-being but also mental and social well-being. A non-threatening, success oriented environment allows the goals of the school's programs to be achieved. A healthy, balanced person is more likely to be successful in intellectual, social and emotional challenges.

Participation

Participation points are given daily and are a large portion of your grade. It is important that you are present at school and give effort to receive these points.

Grading

Grades are based on a point system. All participation, activities, and fitness tests are worth points. There are two main categories that make up your grade.

1. Participation-including daily effort in warm-ups, fitness and unit activities
2. Fitness- mile runs, fitness tests

The main interest is that you are the best that you can be. I believe that taking part in class activities, trying to learn and grow and improve is far more important than how far you can throw a ball, how fast you can run a race, or how many games you win. The grading policy attempts to foster responsibility, cooperation, and a positive self-image by making a superior grade in physical education clearly attainable by all students.

Citizenship

A student's citizenship grade is based on behavior and participation. (O-outstanding, S-satisfactory, N-needs improvement, U- unsatisfactory) Students who receive a U or N on their report card will not be allowed to participate in the trimester rewards celebration.

Google Classroom Code for PE

Please make sure to join **457bsci**

Absent/Make-up work

- Participation points for absences are made up at home by doing **90 minutes** of any physical activity **per day absent**. Assignment for make-up is posted in google classroom.
- Running grades and fitness tests must be made up at school during class time.
- It's the student's responsibility to communicate with the teacher regarding make-up work.
- You have **ONE** week to complete all make ups before they become a ZERO!

Medical Excuses

- Doctor's notes will excuse you from physically participating as long as stated by the Dr. but the student will be given an alternative assignment to earn their participation points.
- Parents' notes will excuse you up to 3 days of class and will be given an alternative assignment for the day to earn participation points.

Uniform Policy

PVSEA students dress in their physical education uniform everyday for their physical education class. I recommend students have 2 uniforms just in case they lose an item, etc. PE clothes are available for purchase throughout the year.

The uniform consists of a PVSEA T-shirt or sweatshirt, PVSEA shorts or sweatpants and closed toed tennis shoes that are appropriate for exercise. (An extra pair of shoes may be left in their lockers to change into before Physical Education class.)

It is your responsibility to come to class each day prepared and ready to participate. If you do forget your uniform, you will borrow loaner clothes. Loaners will be available with students signing them out and returning them to the dirty clothes basket and signing them back in. Borrowing loaner clothes should be an unusual event not an everyday occurrence. Students will have 2 warnings for borrowing loaner clothes and the 3rd will be a call home. If it continues, a detention will be served. **STUDENT'S MAY NOT BORROW OTHER STUDENTS P.E. CLOTHES!**

P.E. UNIFORMS SHOULD BE TAKEN HOME ONCE A WEEK TO BE LAUNDERED!

Locker Room

You will be assigned a PE locker for the entire school year. The locker is property of PVSEA and needs to be taken care of. It will be expected that the locker is in the same condition at the end of the school year.

No food, gum, drinks or cell phones will be allowed in the locker room, gym or class activities. (a labeled water bottle is highly recommended)

Do not share lockers, combinations, or uniforms with anyone.

PLEASE SIGN AND RETURN ON YOUR NEXT PE CLASS!

I, _____, understand the expectations for my Physical Education class and will attempt to achieve them on a daily basis to the best of my ability.

print student's name

student's signature

student's home phone number

signature of student's parent or guardian

Period

_____/_____/_____
date