

## **Northwest High School Physical Education Course Syllabus**

The Health and Physical Education program is regarded as a vital part of the general education and an integral part of the schools total education program. It encompasses certain developmental goals which include the physical, mental, and emotional aspects of growth and maturity.

Physical Education is a directed purposeful activity centering on the development, movement, care and use of the total body. Physical Education stresses the development of physical, social, and mental skills through organized learning experiences based on several principles of child growth and development.

The Health Education Course Outline includes the following topics: Wellness, Managing Stress, Healthy Emotions, Relationships, Nutrition, Dietary Needs, Tobacco, Alcohol, Drugs, Life Long Activities, Infectious Diseases, and Reproductive Health/Safety and STD's.

### **ALL PHYSICAL EDUCATION CLASSES WILL MEET EVERY DAY AND COVER THE FOLLOWING TOPICS:**

Volleyball, Tag/Flag Football, Ultimate Football, Ultimate Rugby, Softball, Weight Lifting, Aerobics, Conditioning, Basketball, Soccer, Track & Field, New Games, Strength Training, Rope Jumping, Cross

Country (25 minute run), Indoor soccer, Jogging, Ultimate Frisbee, Floor Hockey, Flexibility Exercises, Line Dance, and President's Physical Fitness Testing.

Students will participate in most but not all activities during a 2-3 week period. The activities may change due to facilities and weather conditions.

### **The Physical Education Evaluation (Grade) is based on the following:**

- Daily Participation
- Written and Online Tests
- Skills Tests

**A=100-90**

**B=89-80**

**C=79-70**

**D=69-60**

**F=59 and below**

**Grading:** Each teacher will have their own grading procedure based on the following guidelines:

- Daily Participation & Positive Attitude
- Attendance & Proper Dress
- Attitude & Sportsmanship
- Makeup Work For Missed Days

**Thank You.**

**Northwest Physical Education Department**

**Contact Information: School Phone-336-605-3300.**

## NWHS RULES WILL APPLY IN ADDITION TO THE FOLLOWING

### Proper Dress for Class:

- A complete change of athletic clothing must be worn: including t-shirt and or sweatshirt, shorts or sweatpants, socks and tennis shoes. No open toe shoes are permitted in physical education classes.
- Classes will be held outdoors in the fall and spring. Be prepared daily with a jacket or sweatshirt on days you feel are chilly or cold.
- No jewelry is to be worn during gym class because of safety reasons.

### Lockers and Locker Rooms:

- Students will share a locker in the locker room for the entire year.
- Students do not have to be in the same class to share their locker with each other. Do not put a lock on the long lockers because they are reserved for the athletes that are in season. Students will be charged for damage to lockers.
- A combination lock must be used for your gym locker. **NO KEY LOCKS!** The combination must be given to your physical education teacher and you and your locker partner should never let other students know your combination.
- Once class begins **NO STUDENT** will be allowed back into the locker room without permission from your teacher.
- Valuables must be locked in your locker during class.
- The physical education staff will not be responsible for any lost or stolen items left out of your locker during class.
- We strongly recommend that students have a separate gym bag with a small valuable bag for jewelry to put inside the lockers and locked during class.

### Class Expectations:

Students must be on time to class and in exercise lines. Doors to locker room are closed when the tardy bell rings and student will not be allowed to dress for class. The physical education staff follows the tardy bell policy of the entire Northwest High School. **The tardy policy is in the Northwest High School Handbook.** Students must remain in the old gym after dressing back into school clothes for their next period class. The bell will then release student to the next period. Student will be written up for leaving class early (before the bell) without permission of their teacher,' The third offense is an office referral. No gum, candy, drinks, or food is allowed in the gym or the locker room. All injuries must be reported to your teacher immediately. No student is allowed in the equipment room. Abuse, destruction, or misuse of equipment will not be tolerated. Student can be charged for damage of equipment if misused. **Obscene language, gestures, harassment, or disrespect to others will not be tolerated. Students will be written up for these violations.**

## Participation:

A student well enough to be in school is generally well enough to be dressed out and well enough to participate in physical education class. Any exception will need to be handled by your teacher on an individual basis.

All students that will not take an active part in physical education class with an unexcused reason will receive a "zero" for the daily grade. The "zero" cannot be made up and will reflect on the quarter grade.

### Injury or Illness:

A note from a parent or guardian is required to excuse a student even with an obvious injury or illness. A parent/guardian note will be accepted for three (3) days only. A note from a doctor will be required on the fourth (4<sup>th</sup>) consecutive day or longer.

A student that becomes ill at school should discuss the illness with his or her teacher before the start of the class to be excused. Student will need to make up this excused day through make-up work provided by his or her physical education teacher.

### Absences:

Any student with an excused absence from school will be required to make up work to get credit for the class missed. (See your teacher)

## Grading Requirements:

Students begin each quarter with a **100%** in physical education class. Students must be in proper dress and **participate to the best** of his or her ability. Other grades may reflect **written test and fitness testing**.

### Make – Up Work

Medical notes and parental notes excusing a student from a daily physical education class and class absences can be made up according to your physical education teacher's make-up guidelines.

**Examples:** A ONE PAGE report on any sport from a newspaper, magazine, or online.

Completing a health assignment. Laps may be jogged around the gym or track at the beginning or end of class or at the beginning or end of the school day. The amount of laps will depend on student's physical education teacher.

**The Physical Education Staff will be following the Make-Up Policy and Procedures in the Student Handbook.**

## STUDENT INFORMATION FORM FOR PHYSICAL EDUCATION

*I have read and understand the above information on the health and physical education rules and regulations syllabus for 2015-2016.*

**Please print all information unless a signature is required.**

**Student Name** \_\_\_\_\_ **Date** \_\_\_\_\_

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

**Parent Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Daytime Phone Number** \_\_\_\_\_

**Parent Home Phone Number** \_\_\_\_\_

**Parent E-Mail Address** \_\_\_\_\_

I have listed below any physical restrictions that my child may have in your class:

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(Medical Information is Required to be on file in the Main Office and documented by the School Nurse)

**OR**

**NO RESTRICTIONS**  
(Circle if no restrictions)