

# Northwest Guilford High School-Physical Education

## Course Syllabus

### Physical Education 2

The Physical Education program is regarded as a vital part of 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.

#### **All Physical Education classes will meet every day and cover the following activities:**

Volleyball, Tag/Flag Football, 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, and President's Physical Fitness Testing.

Students will participate in each activity for 2-3 weeks. The activities may change due to facilities and weather conditions.

The Physical Education Evaluation is based on the following:

- Daily Participation
- Fitness Test
- Written and Online tests
- Skills tests

**A= 100-90    B=80 - -89    C= 70 - 79    D= 60 - 69    F=59 and below**

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

- **Daily Participation**
- **Attitude**
- **Sportsmanship**
- **Proper Dress**
- **Attendance**
- **Fitness Test**
- **Participation 60% of 9 weeks grade**
- **Testing 40% of 9 weeks grade**

**ALL NWHS SCHOOL 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 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 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 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 exercise lines. Doors to locker room are closed when the tardy bell rings and student will not be allowed to dress out for class. The physical education Department will follow the tardy policy listed in the NWHS student handbook.

**Students must remain in the new/ old gym after dressing until the bell rings to end that period.**

**\*\*Students will be written up for leaving class early (before the bell) without permission of their teacher. The 3<sup>rd</sup> offense is an office referral.**

- **NO gum, candy, drinks, or food allowed in the gym or 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.**  
(Students will be charged for damage to 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 class. Any exception will need to be handled by your teacher on an individual basis.
- A note from your parent is required to excuse a student even with an obvious injury or illness. A parent note will be excepted for (3) days ONLY. A note from a doctor will be required on the 4<sup>th</sup> consecutive day or longer.
- A student that becomes ill at school should discuss the illness with your teacher before the start of class to be excused.
- 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)
- All students that will not take an active part in 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.
- A phone call to the home of the parents will follow the third "zero" in the quarter for not dressing out in class.

### **Grading Requirements**

- **Points will be earned on a daily basis for participation and dressing out that will determine a student's grade. You must be in proper dress and participate 100%. Other grades will reflect written test and fitness testing**
- A maximum amount of points will be earned for participation on the following criteria:
  - o Participation to the best of his/her ability
  - o Good sportsmanship
  - o Follows directions and class rules
  - o Treats equipment with care and in the proper manner
- Medical notes and/or parental notes excusing a student from a daily class made be made up in the following manner:
  - o A ONE page report on any sports article from a newspaper, magazine, or sports article.
  - o Laps may be jogged around the gym (5) or track (1) at the beginning or end of class, before the class begins.

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

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

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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