High Point Central

P.E.: Team Sports Syllabus

**Course Description:**

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle. The students exhibit a lifestyle of physical fitness and understands the relationship between physical activity and health throughout the lifespan. Each student will be able to recognize the benefits and apply knowledge of safe practices for participation in activities that promote health related fitness. Some of the units during the semester may include but are not limited to basketball, ultimate frisbee, soccer, aerobics/flexibility, cardio, ultimate football, striking activities (wiffleball, floor hockey, badminton), handball, strength training, dance, and volleyball.

**Gym Procedures:**

1. As of right now, students will be able to use the locker rooms for dressing out for class.
2. Each student will be assigned a lock and a locker.
3. Students will use the back door closest to the boy’s locker room as the Gym entrance (where new path is located). Other doors will be locked and supervised by staff.
4. Students are not permitted in the lobby of the gym or upstairs unless given permission by a teacher.
5. Do not crowd around locker room at the end of class (fire hazard). The locker room doors will be unlocked and locked at the same times every day. You will not be allowed to get into a locker room during a different period. You may come after school to pick up anything you may have left in your locker that you need.
6. Daily routine: Come in back entrance, dress, walk, get in squad lines/attendance taken by teacher, warm-up, exercise activities, cool down/stretch in squad lines, dress.

**Gym/Classroom Rules:**

- Food or Drinks are **not** allowed in the gym.

- If you are late to class you will not be allowed to dress out. The locker room will be locked after the tardy bell.

- If you are continuously tardy or absent then your parents will be informed.

-No hanging out in the restrooms.

-No profanity, harassment, or disrespect will be tolerated.

* Students will ask to use the bathroom.

**P.E. Grading Formula:**

60%- Dress Out/Participation **A**-100-90 **B**=89-80 **C**=79-70 **D**=69-60 **F**=59 and below

25%- Tests

15%- Quizzes

***P.E. Daily Rubric:***

You are given 20 points each day (100 pts total for week) for DO/PT.

10 points- Stretching/Warm-up/cool-down

10 points-Participation

**Workout Wednesday/Fitness Friday**

Each week, during PE, your progress will be assessed by Workout Wednesday and Fitness Friday. Workout Wednesday is worth a weekly quiz grade. It involves an 8-minute run, Fitness Friday is a regular participation grade that involves a 12 minute run (walk 1 min/run 1 min), and/or on Friday’s a class may participate in fitness stations.

**Tests/Midterm/Final Exam**

Tests given will include physical fitness assessments and written tests as well as assessments based on content learned throughout the course. The midterm and final exam will both consist of an 8-minute run, push-ups and sit-ups. Each student is required to take the midterm***. You are not required to take the final exam unless you have missed more than 3 days during the entire semester or are making a C or lower in the class.*** If you have a doctor’s note that states that you cannot do physical activity, then you will be given a written exam.

**Absences/Tardy**

The school requires written explanation or personal communication from parents when students are absent. Failure to provide requested documentation will result in unexcused absences. In the case of excessive absences, a parent will provide documentation (doctor's note) of a student's illness.

**Make-up work**

Students are expected to do make-up work if they are unable to participate due to injury or if absent. Please try to complete make-up work as quickly as possible to keep the student from getting behind.