

# Physical Education - 1

## Course Syllabus

(10 Credits / 2 Semesters)

### Course Overview

Students will participate in a variety of team and individual sports. An emphasis will be placed on developing physical fitness, as well as knowledge of physical fitness activities, health, weight lifting, and sports.

### Materials

Clothing: gym shorts or sweatpants, t-shirts, and tennis shoes.  
The clothing materials should not be the same clothing worn in other classes on the same day. Students not changing clothes for class will be issued a problem-solving and will lose points for that particular day of class. Students not dressing out for class will also be required to complete a worksheet(s) during the class period to make up the time missed not participating in class.

### Grading

All grades will be matched to specific learning objectives (See Schedule of Student Learning Objectives). The student's overall grade will be based on the following categories and the percentages allocated to each category:

Physical Activity	50%	(Engage in physical activity or participation.)
Motor Skills	25%	(Correctly performing lifts & activities.)
Tests/Quizzes	5%	(Various assessments.)
Physical Fitness	5%	(Know & use appropriate fitness levels.)
Poster Project	5%	(Creation of Team Poster)
Social Skills	10%	(Classroom/weight room etiquette, encouragement, record keeping, & appropriate clothing.)

### *Weekly Grading / 50 Possible Points*

---

25 Points (Physical Activity)  
10 Points (Motor Skills)  
10 Points (Social Skills)  
5 Points (Physical Fitness)

## **Attendance**

For each day a student is absent from class the student has yet to earn their points for the day. These points can be earned or made up by completing and turning in an activity log sheet that documents the amount of time and exercises performed outside of class. All other assessments that were missed will need to be made up at the teacher's discretion. Students arriving late to class must have a signed note from the office or teacher. Problem-solvings will be issued for tardiness.

## **Injury & Illness**

Students who are in attendance, but are suffering from injury/illness shall only participate in those aspects of class that do not jeopardize their current condition. Any assessments, which occur while the injured/ill student cannot participate in at that time, must be made up at the teacher's discretion. The points missed by a particular injury can be earned back by turning in an activity log sheet that documents the amount of time and exercises performed outside of class.

## **Health Concerns**

- 1) **If you are injured during class tell the teacher.**
- 2) If you have asthma, keep your inhaler with you during class.
- 3) Always report ANY health problems to the teacher.
- 4) Always be aware of your own protection and safety.

## **Lockers & Locks**

Lockers and showers will be available for student use before and after class every day. Students will check out a school lock and a locker will be issued for use in the locker room. This will eliminate the problem of forgetting to bring clothes, shoes, etc. to school everyday for this course. **All items should be locked up at ALL TIMES.** *Wahoo Public Schools is not responsible for any lost or damages items.*

## **Safety**

Students must follow all safety rules. Always think before you act-common sense prevents many accidents. All students must follow the weight room/class rules. Students not following the weight room/class rules will be subject to a problem-solving and/or other disciplinary action.

## **Class Routine**

- 1) Change in locker room and meet in the gym or weight room. (Students are required to change into the appropriate clothing in the locker room of their gender.)
- 2) Attendance and announcements.
- 3) Warm up/stretch routine.
- 4) Activity/Lifting Workout and Exercises.
- 5) Post individual stretching.

**\*\*On weight room lifting days, please walk to the weight room from gym QUIETLY!!! PLEASE RESPECT THE OTHER CLASSES IN SESSION.**

## **General Weekly Schedule**

Monday – Team Sport/Activity (Gym or Outside)

Tuesday – Weight Lifting Exercises (Weight Room)

Wednesday – Team Sport/Activity (Gym or Outside)

Thursday – Weight Lifting Exercises (Weight Room)

Friday – Team Sport/Activity (Gym or Outside)

*\*\*This schedule is subject to change.*

## **General Information and Procedures**

- 1) If class is outside, stay with the class at all times.
- 2) Students leaving class for an athletic event must report to class for attendance and to be dismissed.
- 3) Students may not leave during the class period without permission.
- 4) Any student with a Problem-Solving issued to them will schedule a time to meet with the instructor to discuss the problem. Any student who is not in attendance for the discussion of the problem will lose all of their points issued for that particular day the problem occurred. *Points lost and gained are at the discretion of the teacher.*

## **Class Rules**

- 1) No profanity or foul language!!
- 2) Be respectful to others and all materials used in class at all times.

***DO WHAT IS RIGHT! YOU KNOW THE DIFFERENCE BETWEEN WHAT IS RIGHT AND WHAT IS WRONG. IF YOU DO NOT KNOW, THEN ASK.***