

(8-09)

Syllabus
Physical Education
Peninsula Catholic High School
Grade 10

COURSE TITLE: Physical Education

COURSE OBJECTIVES:

- Provide for students the knowledge and appreciation for lifetime physical fitness and activities.
- Enable students to learn rules and skills of team sports such as soccer, basketball, flag football, volleyball, team handball, and individual activities, including jump rope, fitness, weighting and other selected activities.
- Evaluate overall fitness.
- Demonstrate knowledge of rules of the above activities.

INSTRUCTIONAL METHODS:

- Students will learn basic information and skill for the above activities through teacher instruction, group interaction, officiating, attending an interscholastic athletic event, skill practice and participation in organized games.

DAILY PROCEDURES FOR CLASS:

- Students must dress out for each gym class. A zero for participation will be given to students who do not dress out fully.
- Students must be in the gym or locker room before the tardy bell rings (or the scheduled class).
- Students must remain in the gym (inside the doors and not in the hallway) or locker rooms until dismissed by the instructor.
- Students will report all accidents or injuries to the teacher the same period an injury occurs so first aid may be applied and an accident report submitted.
- Students must change clothes for gym. Dress code uniforms (including uniform shorts and/or shirts) PJs and P.C. sports uniforms and warm-ups are not acceptable.

DRESS FOR CLASS:

- Appropriate gym dress includes the PCHS P.E. uniform (available from your instructor), socks and athletic shoes (provide arch support and ankle support, tied with laces securely to the foot and do not mark the floor. Should a student wish to wear warmer clothing, sweatshirts and sweatpants are acceptable. Sweats with school logos are fine (no Messages). Unacceptable shoes include "platforms", "Keds", "Vans", and street shoes as an example. A student must be fully and properly dressed to participate and receive credit.
- Students are not to borrow clothes from other students for personal hygiene reasons.
- All jewelry is to be removed before taking part in gym.
- Students are responsible for securing their clothes and valuables. Locks are suggested.

BEHAVIOR AND CONDUCT:

- Any student arriving tardy must present a pass. Three unexcused tardies will earn a detention.
- Students will be given seven minutes to dress out.
- Hard soled shoes are not to be worn on the gym floor and every effort should be taken to keep the gym and locker rooms clean and in good repair.
- High personal standards of courtesy, decency, morality, language, and honesty will be maintained.
- Students are not allowed to touch thermostats or lights.

MEDICAL EXCUSES:

- Students needing to be excused more than three days must have a medical excuse.

- All medical excuses will be honored. Please ask the doctor to include the date when the student will be returned to full activity. Please determine what activities the student can do in the form of therapy and include it on the doctor's excuse (e.g. light weights/walk/stretch). Students that are unable to participate in seven of the approximately 45 days of class may not receive graduation credit.
- Students not participating due to a medical excuse may assist/officiate.

EVALUATION:

- Anyone not participating in gym without an excuse will receive a zero for the period.
- Grades will be determined as follows;

Participation, dressing out, less than full effort-	50%
Follows instructions, self-discipline, effort in completing tasks-	20%
Sportsmanship, attitude and cooperation-	20%
Skills and knowledge (includes quizzes, skill and fitness tests)-	10%

Note: Grades are not averaged as P.E. is a half semester course. Therefore, points deducted throughout the marking period progressively reduce your grade. There is no extra credit.

HONOR CODE:

- Tests and quizzes must be completed on an individual basis unless stated by the instructor.
- The PCHS Honor Code applies.

NOTE: -All rules in the Parent/Student Handbook apply in Physical Education.
 -You can reach me by calling the school a 596-7247 and leave me message.