

PIERCE HIGH SCHOOL/JOHNSON JUNIOR HIGH

PHYSICAL EDUCATION

GRADES 7-12

MR. TEAGUE

COURSE DESCRIPTION/GRADING POLICY

COURSE DESCRIPTION:

The Physical Education class is designed to give each student a life long knowledge of Physical Fitness. In each activity rules will be emphasized, followed by drills and then game play when the student's skill level is acceptable. All classes start with exercises and conditioning before moving on to the specific unit.

GOALS/OBJECTIVES:

1. A basic knowledge of Physical Education and games
2. Basic knowledge of Physical Conditioning
3. Basic knowledge of Personal Fitness
4. Understanding of rules of commonly played games
5. Life long positive attitude toward fitness
6. To achieve the Healthy Fitness Zone in all fitness testing

METHODOLOGIES:

1. Exercises and Conditioning
2. Lecture/Demonstration
3. Drills
4. Game play

DRESS CODE:

Students are required to dress out for Physical Education Class!! Students are required to purchase and wear PHS/JJH Physical Education Uniforms!! (Uniforms may be purchased through the main office) Students not dressed in the following clothing will be marked with a NON-DRESS.

1. Shorts – Royal Blue Pierce/JJH P.E. Shorts
2. T-Shirt – Gray P.E. Shirt (**Writing on shirts non related to PHS/JJH will not be accepted**)
3. Shoes – Tennis/Athletic shoes (non-carbon soles)only! Dress shoes, high heels, sandals, Open toed and boots are not acceptable. They will be counted as non-dress.
4. Sweats – Optional, but if worn must be Blue, Gray or White. The student is responsible for Having proper clothes for cold and/or windy weather.
5. Clothing worn to school may **not** be worn during P.E.

Students will be asked to mark the outside of their clothing with name and/or initials. This will assist instructors with lost or “stolen” clothes.

NON-DRESS (ND) POLICY: Students that do not dress down for P.E. will not be allowed to participate. Students will not receive their 10 participation points for that day if they cannot participate.

DRESSING DOWN:

Students must be in the locker room by the time the Tardy Bell rings. Students are allowed ten minutes for dressing before attendance will be taken. Students will be allowed ten minutes at the end of class in order to shower and change cloths. Students are required to remain in the designated area until the passing bell rings. Any student leaving this area will lose all points for the day.

GRADING POLICY

DRESS:

Students will earn 10 points a day for being dressed out in the proper P.E. uniform. Since this is an activity class, students will not earn points on days in which they are absent unless the absent is due to a school related activity. At the discretion of the teacher, a student may receive partial points if they are wearing a portion of the P.E. Uniform.

EFFORT/BEHAVIOR:

Students will earn 10 points a day toward the effort/behavior portion of their grade. In order to earn 10 points each day the student must be present, on time to class, **give 100% effort**, and follow all directions.

TESTING:

Students will be given written test as well as physical tests during each unit. The point total for each test will be factored in to the overall grading points. The written test will cover rules, strategy and history of each sport. The skills test will cover basic skills as well as personal fitness. **The State Fitness Test will be administered one time each semester. This test will be worth 100 points. Each student will earn points based on his/her effort during this test. Failure to complete the test will result in the student earning 0 points.**

PORTFOLIO:

Supplies – 3 ring binder, pencil and paper

Students will bring a binder to class every Wednesday. Students will keep a portfolio that contains journal entries, personal fitness results and other class assignments. The portfolio will be graded periodically. The final portfolio will be turned in and graded, in class, on the day of the semester final. The portfolio will serve as the class final and it will be worth **100 points**.

MEDICAL EXCUSES:

A medical excuse written by a parent will allow a student to receive points up to three consecutive days. After that time, a physician's note is required for the student to be able to receive daily points. When a student has a medical excuse, they will be given a written assignment to be turned in that day.

TARDY POLICY:

Students who are not in the locker room before the Tardy Bell rings will receive a Tardy. Students who arrive to class after the class has started will not be allowed to dress out for class! The student will receive a NON-DRESS.

INDEPENDENT STUDY/EXTENDED ABSENCE:

Any student that goes on any extended leave from school will be assigned 30 minutes of physical activity per school day missed. This must be recorded on a computer generated workout log. It must contain the following information: Where/When/What//Weather Conditions and any other pertinent information. This log must be turned in to the teacher upon return to school. Failure to turn in a computer generated log will result in a zero for the days missed.

GRADING SCALE (% OF TOTAL POINTS EARNED)

90-100%= A 80-89%= B 70-79%= C 60-69%= D 59% AND BELOW= F

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I, _____ have read and understand all rules, regulations, grading policies and expectations of Pierce High School/Johnson Junior High Physical Education Class. I agree to follow these rules, regulations and expectations.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____

