

SHS Physical Education Course Outline

Course description: The purpose of this course is to educate students on the mental, physical, and social aspects of personal fitness and overall well-being. A variety of activities will be used including team sports, individual sports, cooperative games, and fitness training to foster improvement in motor development, hand-eye coordination, cardiovascular health, and endurance, and to establish an appreciation for lifelong physical fitness.

Course Objectives:

Students will be able to:

- demonstrate an understanding of physical activity and lifestyle choices to achieve optimal health
- demonstrate the strength and endurance to meet the State of Connecticut physical fitness test standards
- demonstrate knowledge of the world of sport, health, & fitness
- establish lifelong fitness goals
- understand the interrelationship among physical activity, wellness, sportsmanship, and the ability to live a healthy productive life

Expectations:

1. Prepared for class:

- a. Students are expected to be dressed appropriately for physical activity. This includes wearing sneakers and proper attire (shorts, sweat pants or athletic pants and an unrestrictive top). Jeans, Spandex bike shorts and tank tops ARE NOT acceptable PE attire.
- b. Students must also abide by the school's dress code policy when in P.E. Students who are not prepared cannot participate and will not receive credit for that day's class.
- c. **After 3 times being unprepared for class an afterschool detention will be issued.**

2. Attendance

- a. Attendance will be taken at the beginning of each period. If a student is not present he or she will not receive credit for that day.
- b. If a student is absent from school, either excused or unexcused, the student is responsible for any information missed, assessments taken, or any materials distributed that day.
- c. Any student that misses a class is required to make up the class within 2 weeks of the date absent. Arrangements should be made to make up classes during a study hall or after school. It is the responsibility of the student to make arrangements with a P.E. teacher for **ANY** classes that are missed.
- d. Tardiness: Students are expected to be in the gym or locker room before the last bell rings. They are also expected to be in the appropriate spot for attendance within 5 minutes of the last bell. Students who are not will receive a tardy for that day. **After 3 times being tardy for class an afterschool detention will be issued.**
- e. At the end of each class students are expected to stay in the gymnasium or locker room until the bell rings. Any student leaving early may lose credit for that day.

3. Medical Excuses

- a. A student may be excused from **ONE** class with a note from a parent given to a P.E. teacher at the beginning of a class. Any student that does not participate in **ANY** class due to being excused medically **is required to make up the class either during a study hall or after school.**
- b. Long term absences (more than one class) from physical education require a physician's note excusing the student for a **specific** amount of time. Students who are medically excused "until further notice" will require an update from a physician for every two weeks (5 class periods) they are excused. Failure to submit updated medical information will result in an "F" for the marking period. Students may return to physical education class only with a notice of permission from a doctor.

- c. Students who are medically excused for an extended period of time may be removed from the class at the discretion of the physical education department.
4. Locker Rooms
 - a. Each student will have an assigned locker and lock which they are expected to use during each P.E. period to store **ALL** school supplies, clothes, personal belongings and valuables. **No book bags, purses, cell phones or school books are allowed in the gym.**
 - b. Teachers and staff are **not** responsible for any lost or stolen property in the gym or locker rooms.
 5. Cell Phones/Electronic Devices
 - a. Students are expected to keep any cell phones or electronic devices in their assigned P.E. or school locker. **No electronic devices should be present during class.**
 - b. If a student is caught with a cell phone/electronic device it will be confiscated and held by the teacher until the end of class. (1st offence)
 - c. The 2nd time (and each subsequent time) a student is caught with a cell phone or electronic device it will be confiscated and turned in to the student's house office. Parents/guardians can also be notified.

Grading:

For each Quarter:

80% - Daily Grade

During each physical education period students are expected to reach and maintain a target heart rate. This includes participating in all activities each class, while working cooperatively with others, and following directions. Points will not be achieved towards the daily grade if students are not meeting any P.E. expectations.

20% - Assessments

Throughout each marking period students will be assessed on specific skills, tactic, rules, or any information that has been covered in the units. Assessments will involve both psychomotor and cognitive skills.

Instructors

Mr. Kymer - jkymer@sheltonpublicschools.org

Mr. LaPorta - jlaporta@sheltonpublicschools.org

Mr. Piccirillo - bpiccirillo@sheltonpublicschools.org

Mrs. Piccirillo - mpiccirillo@sheltonpublicschools.org

Mrs. Wheeler - lwheeler@sheltonpublicschools.org

SHS Physical Education Course Expectations

By signing this sheet, I understand and agree to meet all expectations and abide by all policies of this class.

Student Name (Printed)

Student Signature

Date

Parent/Guardian Signature

Date