

## Health and Physical Education Class Syllabus

Teachers: Coaches Cheron, Malone, Smith,  
& Worsham

Classroom: Gym/Aux. Gym

Offices: Gym Wing

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Block:

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Office Hours: Fridays school hours

As we begin another fantastic school year in the Porter Ridge PE department, we do so under uncertain times. Due to the ongoing pandemic, we are excited to be able to have students grace our gym door everyday, however we do understand that it comes with some challenges. We are taking extra precaution in our daily routines to make sure students are keeping social distance and wearing their masks to help do their part to prevent the spread of the virus. Our locker rooms will be spaced to accommodate all students and maintain at least 6 feet distance and we will be participating in sports that we can limit the amount of shared equipment we use. That being said, we are so glad to have our students back and look forward to a wonderful semester. GO PIRATES!!

### Course Objective:

#### Students will be able to:

- Plan and implement a personal health related fitness program.
- Acquire motor skills necessary for successful participation in lifetime sports/activities.
- Understand and value lifetime participation in physical activity.
- Understand the importance of a healthy lifestyle.

#### Course Description:

- Demonstrate proficiency in the following team sports:
  - ◆ Sports will differ based on social distancing policies.
- You will compare and evaluate how to improve individual performances.
- Demonstrate basic components and knowledge of each sport.
- Students will complete 12 weeks of physical education and 6 weeks of Health education.

#### Course Requirements and supplies:

- Dress out everyday. Locker room procedures are in place and will be reviewed in order to maintain proper social distancing and cleanliness processes.
  - ◆ Tennis Shoes (**rubber soled, tied, MUST lace up, NO SPERRYS**)
  - ◆ T-Shirt (**NO CUTOFF SHIRTS OR TANK TOPS- Grey Shirt**)
  - ◆ Gym Shorts (**past fingertips - Black, NO SPANDEX SHORTS**)
  - ◆ Sweat Shirts/Sweat Pants
- Be on time/behave in an orderly fashion
- Lock your stuff up during class. (**You need a lock**)
- Respect self, others, FITNESS EQUIPMENT and authority.

**Grading Policy:**      **A = 100-90    B = 89-80    C = 79-70    D = 69-60    F = 59-0**

Dress and Participation 50%, Skills Tests 20%, Health 30%

If a student has a medical restriction, please send a note from a DOCTOR. EVEN WITH A DOCTOR'S NOTE THE STUDENT WILL BE GIVING AN ALTERNATE ASSIGNMENT TO MAKE UP FOR WHAT THEY MISS.

**\*\*\*NOTES FROM PARENTS WILL NOT BE ACCEPTED\*\*\***

Students will be graded on dressing out and participating in the PE portion of the class. In health, students will be graded on projects, quizzes, daily work, and participation.

### **PRHS PE Rules and Procedures**

- Students must dress out every day unless instructed otherwise by YOUR PE teacher.
- If students are sick or hurt, only a note from a DOCTOR will be accepted to excuse participation in all PE classes. The student will also be required to complete a written assignment to make up for inability to participate in physical activities.
- Money and other valuables (ie: cell phones, computers, jewelry, etc.) are discouraged from being brought to class. **TEACHERS ARE NOT RESPONSIBLE FOR VALUABLES LOST OR STOLEN.** These items are NOT allowed to be in the GYM, Fitness Room, or Weight Room during class. Therefore they must be kept in the locker room. If a cell phone is seen by a teacher, it will be taken to the office. These items must be locked up in the locker room or put in the teacher's box, NO EXCEPTIONS!
- No FOOD, DRINK, OR GUM is allowed in the gym, training room, fitness room, weight room or locker rooms at any time. Please eat snacks before coming to class.
- Students should be on time every day. **This means to be in your spot** when the tardy bell rings. **If you are not in the designated area, you will be marked tardy.**
- There is no horseplay allowed in the gym, locker rooms, weight room, or fitness room.
- You must clean up the gym, weight room, and fitness room before being dismissed to the locker room at the end of class.
- NO STUDENTS will be allowed in the locker rooms once class begins. If you know you are signing out early, be sure to bring your items with you to class.
- Students must bring their own lock for their assigned locker in the locker room. Students must also take all belongings with them after every block. **LOCKS LEFT ON LOCKERS WILL BE CUT OFF AND ITEMS WILL BE DISCARDED.**
- No hats or any headgear may be worn inside the gym or PE areas.
- At the end of the period, students will remain in the locker room before being excused to their next class. Once in the locker room, **STUDENTS ARE NOT ALLOWED TO COME OUT TO GET WATER OR ANY OTHER ITEMS UNTIL THE BELL RINGS.**
- PE clothes must fit the school dress code.
  - ◆ Shorts must be below fingertip length. (NO SOFEES, running shorts or shorts rolled up) Shorts/pants must be worn around the waist and not sagging.
  - ◆ T-shirts CANNOT BE CUT-OFF, it must be a sleeveless shirt that was manufactured that way and have a seam. (No side of chest/stomach area showing)

- ◆ NO tank tops for males or females are allowed.
- ◆ Tennis shoes must be rubber soled with enclosed backs, worn properly and tied up. No slip-on shoes, sandals, or flip flops are allowed.
- Students are not allowed in the training room, fitness room, weight room or teacher office unless instructed by a teacher and the teacher is in the room with you.
- Students must be in weight lifting or fit for life class in order to be in those rooms. No students in team sports or 9<sup>th</sup> grade health/PE are allowed in the weight room or fitness room. You are only allowed to be on the equipment if you have been trained to do so and MUST be under supervision by a PE teacher.
- All students will be required to take a written and physical PE exam.