**Physical Education**

**Mr. Shannon**

**Hutchison High School**

**Fall 2012-Spring 2013**

**Course Syllabus**

**Required:**

* **Clean shoes**
* **A full, clean change of clothes\***
* **Positive attitude**
* **Work ethic**
* **Antiperspirant/deodorant (we sweat in here)**
* **Notebook and folder/Binder for PE only, stick a writing utensil in the binding**

**\*See FNSBSD guidelines for Dress Code. It will be strictly enforced.**

**Recommended:**

* **Shoes that are not “skater” shoes, lack of ankle and arch support will wreck your feet fast**

**Provided:**

* **One lock and locker for use during the semester of PE**
* **Any and all equipment for use during class, do not bring in personal fitness items without prior clearance with the teacher**

Fitness development and health cannot occur without physical effort and activity. Physical education is a participation-based class, in which all students have an opportunity to excel. Students will be expected to dress out, participate in games and activities, and strive to better their own physical fitness and health in this class. Grades for this class are earned through daily participation, attendance, small projects and written tests.

**What is fitness?**

Fit as defined by Webster’s Dictionary 11th Edition 2003- Stresses adaptability and sometimes special readiness for use or action. *I don’t like that…*

Better—

Crossfit’s First Fitness Standard as defined by Dr. Greg Glassman- Balance in the ten facets of physical adaptations which are as follows: cardiovascular/respiratory endurance, stamina, strength, speed, flexibility, power, coordination, agility, balance and accuracy. You are as fit as you are competent in each of these ten skills

Look over the handout High School Introduction and K-12 Learner Goals for Physical Fitness. The six standards listed here will be utilized daily in our lessons and activities. You will become more familiar with them as they semester progresses, but for now keep this sheet and your syllabus close at hand.

**Course Goals:**

1. **Demonstrate competence in motor skills and movement patterns related to physical activities.**
2. **Demonstrate an understanding of movement concepts, principles, strategies and tactics related to learning and performing physical activities.**
3. **Participate regularly in meaningful physical activity.**
4. **Learn to maintain a “fit” lifestyle and the benefits of being health and active.**
5. **Exhibit responsible personal and social behavior that is respectful of yourself and others.**
6. **Learn to value physical activity for health, enjoyment, challenge, self-expression, and social interaction.**

**Participation:** Each day is worth a total of ten points. A normal week is work 40 total points. Points lost due to an unexcused absence will not be eligible to be made up.

Daily break down of points:

2 attendance

2 being on time

2 dressing out

2 participation

2 work ethic (attitude/behavior)

Each week is worth 40 total points.

**\*\*\*PLEASE NOTE:** If a student does not dress out, they cannot participate or receive points for work ethic, resulting in a score of 4/10 for the day. This is a failing grade for the day. **Tests/Projects:** will also be considered part of the final grade. Written tests will be scored by point value and graded on the following scale: 90-100% A, 80-89% B, 70-79% C, 60-69% D, lower is an F. Tests/projects missed due to unexcused absences cannot be made up.

**Proper Dress for Class**

1. **A complete change of athletic clothing must be worn**, including t-shirt or sweatshirt, shorts or sweatpants, socks and clean-soled, non-marking tennis shoes with laces. Brand new shoes are not required, but shoes must be clean. Clothing and shoes can be locked in gym lockers for the semester. No jeans shorts, ragged, cut-off or torn shorts/ sweatpants, or shirts will be permitted. No school clothes should be worn over or under physical education clothes. The FNSBSD dress code will still be in place in Physical Education class.

2. Points will be cut for a student NOT having tennis shoes to wear. Tennis shoes should be **tied** before class and remain tied during the class period. Shoes are optional during Yoga or Pilates classes.

3. Classes may be held outdoors in the fall and spring. Be prepared daily with a jacket, sweatshirt and/or sweatpants.

4. Remember to use good hygiene, antiperspirant or deodorant is appropriate, however, due to the limited space of our locker rooms, the use of aerosol products and strongly perfumed products (AXE, etc.) need to be avoided.

**Lockers and Locker Rooms**

1. One locker in the physical education locker room will be assigned to each student. After class, physical education clothes must be locked in the assigned locker.

2. The physical education locker room is the only room that may be used to change clothes.

3. A combination lock will be provided (no key locks will be allowed). The teacher will record the combination. The combination should never be given to another student.

4. No sharing of lockers will be permitted.

5. Once class begins, no students will be allowed back into the locker room without permission from the teacher.

6. Valuable belongings (jewelry, purses, wallets) must be locked in a locker during class. Leaving valuables lying around is only inviting theft.

**Class Expectations**

1. Students will be given five minutes after the tardy bell rings and five minutes at the end of class to change clothes.

2. No gum, food or drink other than water is to be consumed in the gym or locker room areas.

3. All students will remain in the gym until the bell rings to end the period and they are dismissed.

4. Any injuries or emergencies must be reported to the teacher immediately during the class period so the proper action can be taken.

5. No students may leave the class, gym or locker room areas without permission from the teacher.

6. No one is allowed in the equipment room or P.E. office without permission from the teacher.

7. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment or disrespect will not be tolerated.

**Participation Excusal**

1. A student healthy enough to be in school is generally considered healthy enough to be dressed and participating in P.E. class. Any exception to this will be handled on an individual basis.

2. A note from a parent is required to excuse a student due to injury or illness. It will be accepted for a maximum of three consecutive days. A doctor’s note is required to be excused longer than three days.

3. Any student with an excused absence from school or excuse from class participation will be required to make-up the points to get credit for class(es) missed.

**How to earn make-up points for Medical Excuses or Excused Absences from class – you can find this form on the Hutchison P.E. Page Website.**

1. A written summary of any sports/health article from a newspaper or magazine will earn 4 points. The summary should be at least 2 paragraphs in length and include a copy of the article and the author, source and date of the publication. The article to be summarized should be at least 3 paragraphs in length.

2. A sports article taken off the Internet at least one page in length about any activity we have done in class will earn 4 points. A summary is required. Articles to be summarized should be relevant to one of the following:

* History of Sport
* Official Rules and Regulations of Sport
* Skills involved in sport, game, or exercise.
* Strategy involved in sport, game, or exercise.

Make up points must be completed by Friday of the week following that in which they were missed to get credit. If you are out sick or have a planned absence, you know what needs to be done to make up for missed points. **It is the responsibility of the student to earn required points**. Every student in the class can earn a good grade by participating each day and making up points for missed classes.

**Behavior:** Students are expected to treat everyone involved with this class with respect. Violent behavior, sexual harassment, threats of abuse to equipment or others will NOT be tolerated. Behavior problems will result in a warning first, a call home and an office referral next. Lunch detentions will be given as needed to any student not following class rules and procedures.

* When a detention is assigned, a call to your parents will be made. Failure to comply with these rules will result in office detentions and / or referral.

**Teacher Availability**

I will be available a half hour before school and a half hour after school and by appointment to address any issues that need assistance or to answer questions. Remember to use your resources; if you need help, come and see me.

If for any reason, at any time, you have questions or concerns, please don’t hesitate to contact me. You can use the school’s website if you need my contact information, or it is listed below.

Thank you,

Mr. Shannon

[steven.shannon@k12northstar.org](mailto:sshannon@northstar.k12.ak.us)

907-479-2261 x 133

Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please provide both phone and email information and you can circle one if you prefer that method of contact. Thank you!

Phone # to contact P/G:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ P/G

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_